ISLAMORADA Elliptical
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1. PRECAUTIONS · · ·

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Attention:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.

POWER REQUIREMENTS

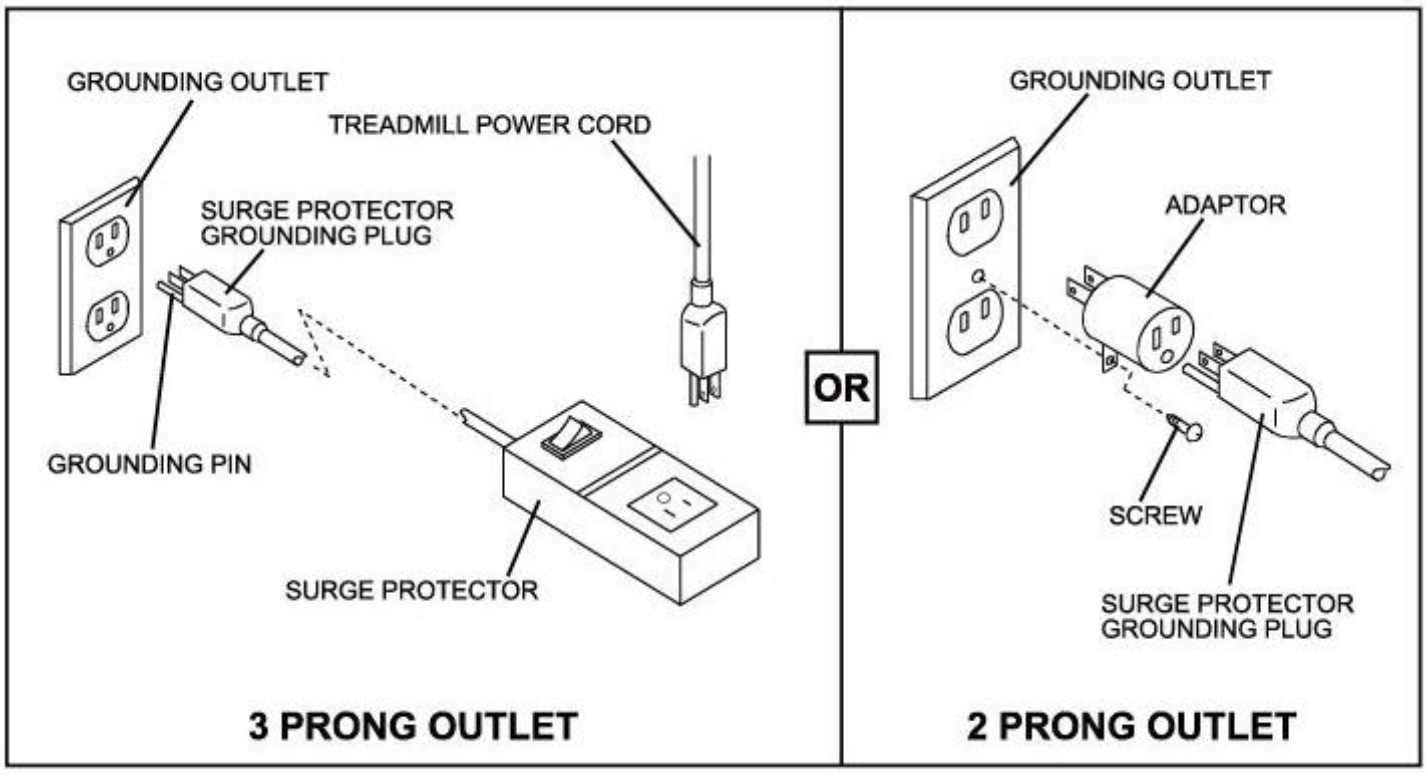
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This cross trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of cross trainer damage, always use a surge protector (not included) with your cross trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 220VAC, 15 amps.

This cross trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the cross trainer malfunction. This cross trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 220-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below. GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

This product has moving parts and users must be careful not to accidentally pinch fingers or other appendages in the openings especially while in use. Please keep small children and pets away from this product. Interference with the moving parts can cause serious injury or death.

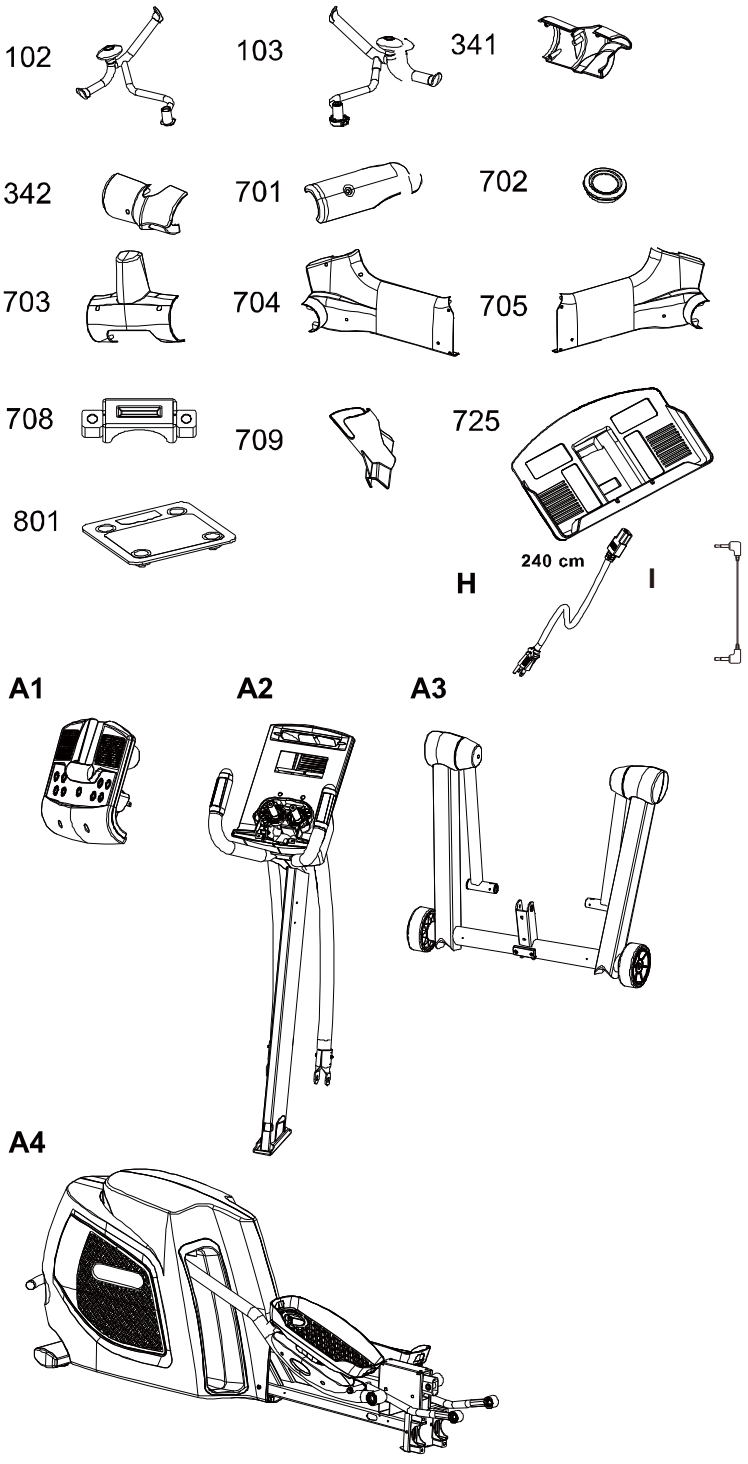
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 400lbs.
Product-Performance: This ergo meter is speed independent, i.e. the performance is independent from pedal frequency.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 400lbs.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 220V – 240V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

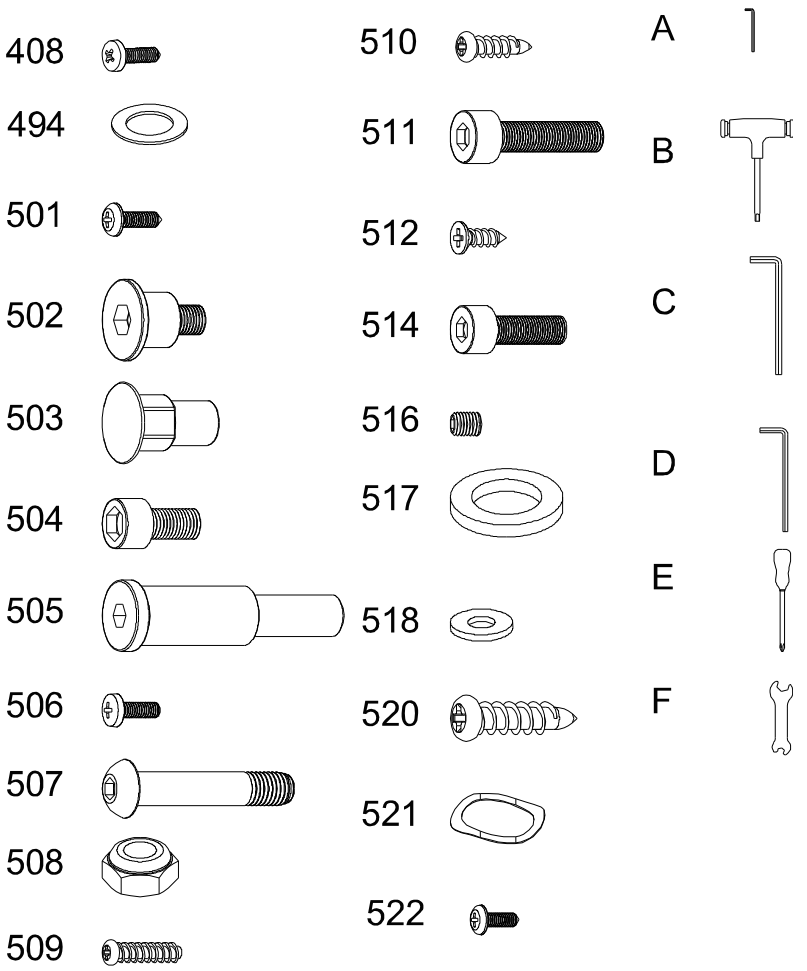
No.	Description	Qty.
102	Moving Handlebar-Left	1
103	Moving Handlebar-Right	1
341	Incline Frame Lower Cover - Rear	2
342	Incline Frame Lower Cover - Front	2
701	Action Arm Lower Cover	4
702	Pedal Arm Front Pivot Cover	2
703	Incline Frame Front Cover	1
704	Undercarriage Cover - Left	1
705	Undercarriage Cover -Right	1
708	Incline Frame Holder - Front	2
709	Water Bottle Holder	1
725	iPad Holder	1
801	IWM Weight Scale	1
H	Power Cord	1
I	MP3 Audio Wire	1
A1	Button Control Panel Assembly	1
A2	Console Upright Assembly	1
A3	Incline Frame Assembly	1
A4	Main Frame Assembly	1

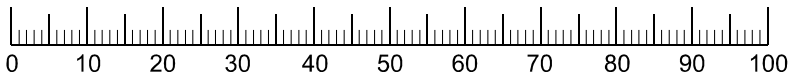


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone point	4
494	20x30x1mm Washer	2
501	4x12mm Screw – Cone Point	4
502	15x22 – M6x10mm Bolt	2
503	15x26 – M8x15mm Bolt	2
504	M8x20 mm Allen Head CAP Bolt	4
505	20x79.9-M14x25mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x56mm Allen Head Bolt	1
508	M10 Nylon Nut	1
509	4x19mm Screw	4
510	4.5x15mm Screw	6
511	M10x40mm Allen Head CAP Bolt	4
512	4x12mm Screw	2
514	M6x20mm Allen Head Bolt	6
516	M5x6mm Screw	2
517	10x16x2mm Spring Washer	4
518	4x13x1mm Washer	1
520	4.5x15mm Screw - Cone Point	2
521	20.7x29.1x0.3mm Wave Washer	2
522	4x12mm Screw	1
A	2.5mm Allen Key	1
B	5mm T-Type Allen Key	1
C	8mm Allen Key	1
D	6mm Allen Key	1
E	Screwdriver	1
F	13&17 Wrench	1





MILLIMETERS

PARTS LIST

Item No.		Description	Qty.	Part No.
ISLAMORADA-100				
	101	Console Support Tube	1	ISLAMORADA-101
	102	Moving Handlebar – Left	1	ISLAMORADA-102
	103	Moving Handlebar – Right	1	ISLAMORADA-103
	104	Moving Linkage – Left	1	ISLAMORADA-104
	105	Moving Linkage – Right	1	ISLAMORADA-105
	106	Pedal Arm – Left	1	ISLAMORADA-106
	107	Pedal Arm – Right	1	ISLAMORADA-107
	108	Pedal Swing Arm	2	ISLAMORADA-108
	109	Incline Frame	1	ISLAMORADA-109
	110	Incline Transmission Tube-Front	1	ISLAMORADA-110
	111	Incline Transmission Tube-Back	1	ISLAMORADA-111
	112	Main Frame	1	ISLAMORADA-112
	114	Electro-magnetic System Bracket	1	ISLAMORADA-114
	115	Tension Wheel Bracket	1	ISLAMORADA-115
	116	Pedal Support Base	2	ISLAMORADA-116
	117	Pedal Buffer Set	2	ISLAMORADA-117
	118	Action Arm – Left	1	ISLAMORADA-118
	119	Action Arm – Right	1	ISLAMORADA-119
	120	Cover Support Tube - Rear	1	ISLAMORADA-120
	121	Cover Support Tube - Front	1	ISLAMORADA-121
ISLAMORADA-200				
	206	Incline Frame Holder – Rear	2	ISLAMORADA-206
	207	Flywheel Bearing Support Plate	2	ISLAMORADA-207
	211	Bearing 2201	2	ISLAMORADA-211
	212	Bearing 608zz	4	ISLAMORADA-212
	213	Moving Linkage Bushing	4	ISLAMORADA-213
	214	Bearing 6804	4	ISLAMORADA-214
	215	Bearing 2203	2	ISLAMORADA-215
	216	Pedal Connection Plate	2	ISLAMORADA-216
	217	Bearing 6205	4	ISLAMORADA-217
	219	Bushing 16x22.2x10.7mm	4	ISLAMORADA-219
	220	12X20X9mm Bushing	4	ISLAMORADA-220
	221	Flywheel Pivot	1	ISLAMORADA-221
	222	Bearing 6003	2	ISLAMORADA-222
	224	Flywheel	1	ISLAMORADA-224
	225	Bearing 6300	2	ISLAMORADA-225
	226	Crank	2	ISLAMORADA-226
	227	Crank Disk	1	ISLAMORADA-227
	228	Crank Disk Oval Cap	1	ISLAMORADA-228
	229	Crank Pivot Bushing	1	ISLAMORADA-229
	230	Bearing 6005	2	ISLAMORADA-230
	231	Crank Disk Pivot	1	ISLAMORADA-231
	232	Crank Support Bushing	1	ISLAMORADA-232
	233	Belt	1	ISLAMORADA-233
	234	Level Adjuster	2	ISLAMORADA-234
	235	Control Board Base	1	ISLAMORADA-235
	236	Speed Sensor Base	1	ISLAMORADA-236

PARTS LIST

Item No.	Description	Qty.	Part No.
237	Overlay	1	ISLAMORADA-237
238	Button Overlay	1	ISLAMORADA-238
241	Bearing 6904	8	ISLAMORADA-241
244	Pedal Buffer fixed Plate	2	ISLAMORADA-244
ISLAMORADA-300			
303	Hand Pulse Sensor Cover	2	ISLAMORADA-303
304	Button Cover – Top	1	ISLAMORADA-304
305	Button Cover – Bottom	1	ISLAMORADA-305
306	Console Bottom Cover – Left	1	ISLAMORADA-306
307	Console Bottom Cover – Right	1	ISLAMORADA-307
308	Fan Cover	1	ISLAMORADA-308
309	iPod Dock Bracket Holder	2	ISLAMORADA-309
310	Console Top Cover	1	ISLAMORADA-310
311	Pivot Cap	2	ISLAMORADA-311
312	Action Arm Drive Gear	2	ISLAMORADA-312
313	Moving Handlebar Drive Gear	2	ISLAMORADA-313
314	Adjustable Vane	1	ISLAMORADA-314
319	Switch Plate	1	ISLAMORADA-319
320	Pedal Soft Cushion	2	ISLAMORADA-320
321	Left Pedal	1	ISLAMORADA-321
322	Fan Bracket – Top	1	ISLAMORADA-322
323	Fan Bracket – Bottom	1	ISLAMORADA-323
324	Pedal Buffer Cover	4	ISLAMORADA-324
325	Vent Cover – Rear	1	ISLAMORADA-325
326	Rear Shroud Inlet – Left	1	ISLAMORADA-326
327	Rear Shroud Inlet – Right	1	ISLAMORADA-327
328	Lift Handlebar End Cap	2	ISLAMORADA-328
329	Pedal Swing Arm Cap	2	ISLAMORADA-329
330	Incline Frame Positioner	1	ISLAMORADA-330
331	Wheel Cap 112x41.5mm	2	ISLAMORADA-331
332	Wheel Cap 46x12mm	2	ISLAMORADA-332
333	Wheel 140x51.86mm	2	ISLAMORADA-333
334	Bearing Bracket	1	ISLAMORADA-334
335	Control Board Cover	1	ISLAMORADA-335
336	Oval Tube Cap	2	ISLAMORADA-336
337	Vent Cover – Left	1	ISLAMORADA-337
338	Rear Shroud – Left	1	ISLAMORADA-338
339	Rear Shroud – Right	1	ISLAMORADA-339
340	Vent Cover –Right	1	ISLAMORADA-340
341	Incline Frame Lower Cover – Rear	2	ISLAMORADA-341
342	Incline Frame Lower Cover – Front	2	ISLAMORADA-342
343	Incline Frame Top Cover – Rear	2	ISLAMORADA-343
344	Incline Frame Top Cover – Front	2	ISLAMORADA-344
345	20x32x7.2mm Bushing	2	ISLAMORADA-345
346	iPod Dock Bracket Cover – Top	1	ISLAMORADA-346
347	iPod Dock Bracket Cover – Bottom	1	ISLAMORADA-347
349	Right Pedal	1	ISLAMORADA-349

PARTS LIST

Item No.	Description	Qty.	Part No.
351	iPod Bracket	1	ISLAMORADA-351
359	Pedal Rear Cushion	2	ISLAMORADA-359
360	Plastic Gear Bushing	2	ISLAMORADA-360
ISLAMORADA- 400			
401	8x27x2mm Washer	2	ISLAMORADA-401
403	Taper Fixing Insert	38	ISLAMORADA-403
404	M8x16mm Allen Head CAP Bolt	4	ISLAMORADA-404
405	8x14xT2.0mm Spring Washer	12	ISLAMORADA-405
406	M10x20mm Allen Head Cap Bolt	4	ISLAMORADA-406
407	4x15mm Screw – Flat Point	4	ISLAMORADA-407
408	4x15mm Screw – Cone point	8	ISLAMORADA-408
410	M8x20mm Screw	6	ISLAMORADA-410
411	4x12mm Screw – Cone Point	51	ISLAMORADA-411
412	M32 C Clip	2	ISLAMORADA-412
413	12x20x2mm PU Washer	2	ISLAMORADA-413
414	M6x12mm Allen Head Bolt	8	ISLAMORADA-414
415	M8x20mm Allen Head CAP Bolt	4	ISLAMORADA-415
416	M8x15mm Allen Head Bolt	14	ISLAMORADA-416
417	M8 Nylon Nut	13	ISLAMORADA-417
418	M8x15mm Cap Allen Head Bolt	1	ISLAMORADA-418
419	Bushing 12 x 60mm	4	ISLAMORADA-419
420	Pivot M10 x 56.6mm	2	ISLAMORADA-420
421	M12 C Clip	2	ISLAMORADA-421
422	12x20x0.5mm Plastic Washer	2	ISLAMORADA-422
424	M6x12mm Allen Head CAP Bolt	3	ISLAMORADA-424
425	6x10x1mm Spring Washer	17	ISLAMORADA-425
426	20x6x1.5mm Washer	3	ISLAMORADA-426
427	M40 C Clip	2	ISLAMORADA-427
428	M8x16mm Bolt	4	ISLAMORADA-428
429	M10x20mm Bolt	4	ISLAMORADA-429
430	10x16x2mm Spring Washer	2	ISLAMORADA-430
432	M4 Nylon Nut	2	ISLAMORADA-432
433	5X16X1.0mm Washer	4	ISLAMORADA-432
434	8x27x1mm Plastic Washer	2	ISLAMORADA-434
435	16x25xT3.0 Washer	2	ISLAMORADA-435
436	M10x50mm Allen Head Bolt	1	ISLAMORADA-436
437	M6x12mm Screw	6	ISLAMORADA-437
439	M8x50mm Allen Head CAP Bolt	2	ISLAMORADA-439
440	32x6x2.0mm Washer	1	ISLAMORADA-440
441	M6X30mm Allen Head Bolt	2	ISLAMORADA-441
442	M10x45mm Bolt	1	ISLAMORADA-442
443	5x8x1mm Spring Washer	4	ISLAMORADA-443
444	M12X35mm Allen Head CAP Bolt	2	ISLAMORADA-444
445	Pedal Arm Pivot	2	ISLAMORADA-445
446	3/4” Nut	6	ISLAMORADA-446
447	M8x30mm Allen Head CAP Bolt	2	ISLAMORADA-447
448	M4x15mm Screw	2	ISLAMORADA-448
449	M6x45mm Allen Head Bolt	2	ISLAMORADA-449
450	M22 Nut	2	ISLAMORADA-450

PARTS LIST

tem No.	Description	Qty.	Part No.
451	M4x45mm Allen Head CAP Bolt	1	ISLAMORADA-451
452	M5x8mm Allen Head Bolt	2	ISLAMORADA-452
453	M4x6mm Screw	4	ISLAMORADA-453
454	Pin Nut	4	ISLAMORADA-454
455	M4x45mm Screw	2	ISLAMORADA-455
456	M3x8mm Screw	2	ISLAMORADA-456
457	Iron Plate Nut	14	ISLAMORADA-457
458	M5x12mm Screw	2	ISLAMORADA-458
459	M8x45mm Bolt	3	ISLAMORADA-459
460	8x16xT1.0mm Washer	3	ISLAMORADA-460
461	M6 Nylon Nut	6	ISLAMORADA-461
464	M12x32mm Allen Head Bolt	4	ISLAMORADA-464
465	6x14.5–M5x6.5mm Bolt	2	ISLAMORADA-465
466	4x8mm Screw	4	ISLAMORADA-466
467	M5x15mm Screw	1	ISLAMORADA-467
468	M5 Nut	9	ISLAMORADA-468
469	5mm Lock Washer	2	ISLAMORADA-469
470	6x8x8mm Rubber Washer	2	ISLAMORADA-470
472	4x15mm Screw	8	ISLAMORADA-472
474	4x12mm Screw – Flat Point	9	ISLAMORADA-474
475	M5X10 mm Tapping Screw	2	ISLAMORADA-475
476	M3x10mm Screw	8	ISLAMORADA-476
477	M5x10mm Screw	4	ISLAMORADA-477
478	10X20X5mm Washer	1	ISLAMORADA-478
479	10X23X2mm Washer	2	ISLAMORADA-478
480	10X20X0.5mm Washer	2	ISLAMORADA-480
481	17.2x22x1mm Washer	7	ISLAMORADA-481
482	M6X20mm Screw	2	ISLAMORADA-482
483	6X13XT1.5mm Washer	15	ISLAMORADA-483
484	8X18XT2mm Washer	1	ISLAMORADA-484
485	C - Clip 25mm	4	ISLAMORADA-485
486	M7.8X13X6 Nut	4	ISLAMORADA-486
487	Iron Plate Nut - 16.5X11mm	6	ISLAMORADA-487
488	8X18XT2mm Washer	2	ISLAMORADA-488
489	M8X16mm Allen Head Bolt	8	ISLAMORADA-489
490	M10X62mm Screw	2	ISLAMORADA-490
491	Gear Bushing - Upper	2	ISLAMORADA-491
492	Gear Bushing - Bottom	2	ISLAMORADA-492
493	Elevation Motor Plastic Bushing	1	ISLAMORADA-493
494	20x30x0.5mm Washer	2	ISLAMORADA-494
497	M5X50mm Screw	3	ISLAMORADA-497
498	M5X5mm Hex Socket Cap Screw	3	ISLAMORADA-498
499	M5x10mm Allen Head CAP Bolt	4	ISLAMORADA-499
ISLAMORADA-500			
501	4x12mm Screw – Cone Point	4	ISLAMORADA-501
502	15x22–M8x10mm Bolt	2	ISLAMORADA-502
503	15x26–M8x15mm Bolt	2	ISLAMORADA-503
504	M8x20mm Allen Head CAP Bolt	6	ISLAMORADA-504
505	20x79.9-M14x25mm Bolt	2	ISLAMORADA-505

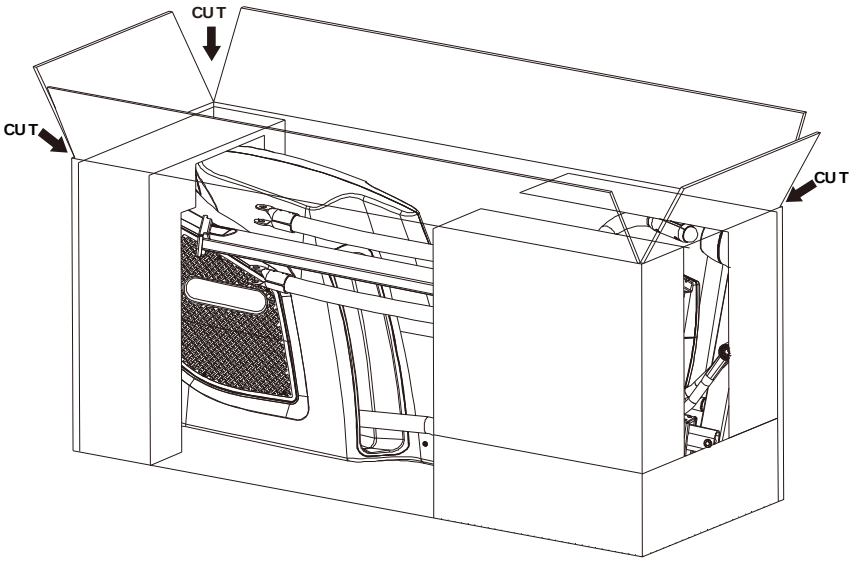
PARTS LIST

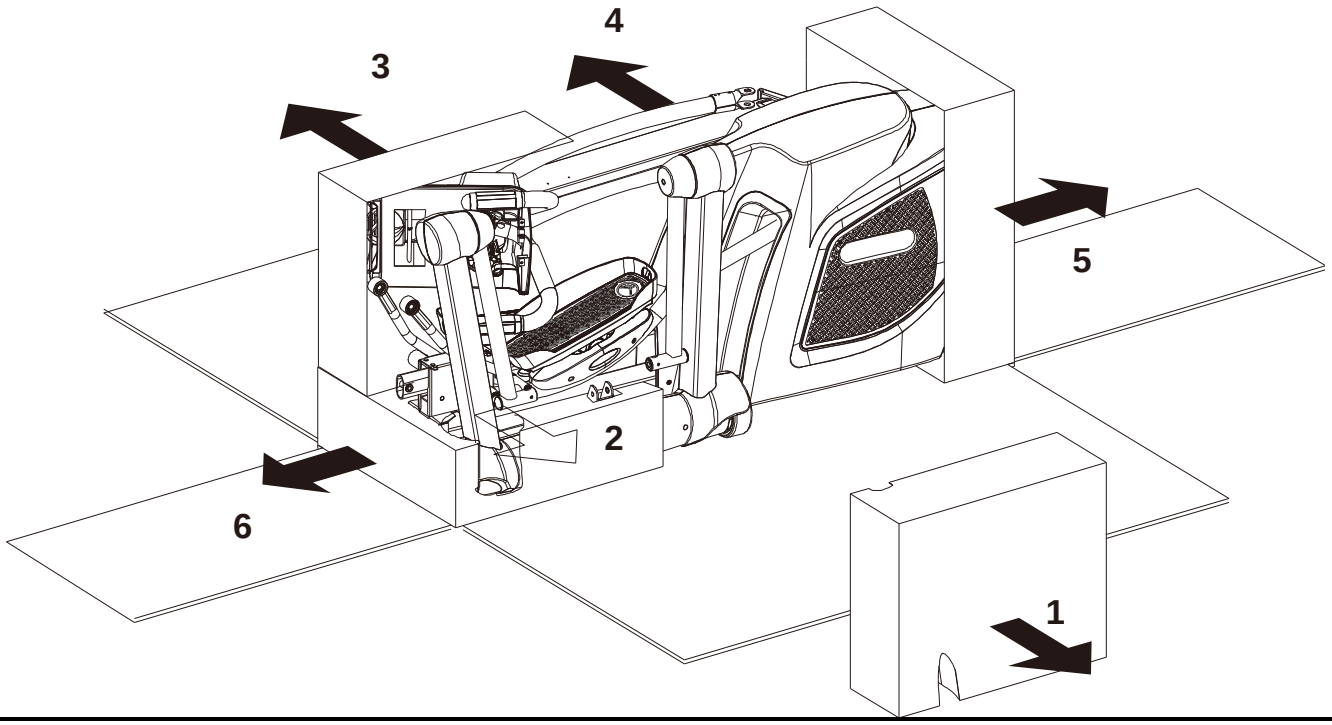
Item No.	Description	Qty.	Part No.
506	4x12mm Screw – Flat Point	4	ISLAMORADA-506
507	M10x56mm Allen Head Bolt	1	ISLAMORADA-507
508	M10 Nylon Nut	2	ISLAMORADA-508
509	4x19mm Screw	4	ISLAMORADA-509
510	4.5x12mm Screw	6	ISLAMORADA-510
511	M10x40mm Allen Head CAP Bolt	4	ISLAMORADA-511
512	4x12mm Screw	2	ISLAMORADA-512
514	M6x20mm Allen Head Bolt	6	ISLAMORADA-514
516	M5x6mm Screw	2	ISLAMORADA-516
517	10x16x2mm Spring Washer	4	ISLAMORADA-517
518	4x12x1mm Washer	1	ISLAMORADA-518
520	4.5x15mm Screw - Cone Point	8	ISLAMORADA-520
521	20.7x29.1x0.3mm Wave Washer	2	ISLAMORADA-521
522	M4X12X12mm Screw	1	ISLAMORADA-522
526	M6x30mm Allen Head Bolt	2	ISLAMORADA-526
527	OD11XT1.5XL22mm Bushing	4	ISLAMORADA-527
528	Nylon Nut 5/16X14X6mm	4	ISLAMORADA-528
529	OD11XT2.5XL22mm Bushing	2	ISLAMORADA-529
530	6X13X1mm Washer	2	ISLAMORADA-530
531	8x16x1mm Washer	4	ISLAMORADA-531
534	CSpring Fixed Block	4	ISLAMORADA-534
ISLAMORADA-600			
601	8Pin Power Wire – Upper	1	ISLAMORADA-601
602	8Pin Power Wire – Lower	1	ISLAMORADA-602
604	Elector-magnetic Wire	1	ISLAMORADA-604
605	Power Connection Wire	3	ISLAMORADA-605
606	3C Power Wire	1	ISLAMORADA-606
607	Hand Pulse Sensor Wire	2	ISLAMORADA-609
609	2 PIN Hand Pulse Wire	2	ISLAMORADA-607
610	PC Board	1	ISLAMORADA-610
612	Receiver Wire	1	ISLAMORADA-612
613	Button PC Board (With 8 PIN Connector)	1	ISLAMORADA-613
614	Fan	1	ISLAMORADA-614
615	Receiver	1	ISLAMORADA-615
616	Elevation Motor	1	ISLAMORADA-616
617	Speed Sensor	1	ISLAMORADA-617
618	Transformer	1	ISLAMORADA-618
619	Control Board	1	ISLAMORADA-619
620	Power Insert	1	ISLAMORADA-620
621	Power Switch	1	ISLAMORADA-621
622	Power Breaker	1	ISLAMORADA-622
623	Elector-magnetic System	1	ISLAMORADA-623
624	Magnetic Sensor	1	ISLAMORADA-624
629	6Pin iPod dock Connection Wire	1	ISLAMORADA-629
631	Button Board Connection Wire - Upper	1	ISLAMORADA-631
633	Speaker	2	ISLAMORADA-633
634	Amplifier PC board	1	ISLAMORADA-634

PARTS LIST

Item No.	Description	Qty.	Part No.
ISLAMORADA-700			
701	Action Arm Lower Cover	4	ISLAMORADA-701
702	Pedal Arm Front Pivot Cover	2	ISLAMORADA-702
703	Incline Frame Front Cover	1	ISLAMORADA-703
704	Undercarriage Cover – Left	1	ISLAMORADA-704
705	Undercarriage Cover – Right	1	ISLAMORADA-705
706	20X26X6mm Iron Bushing	2	ISLAMORADA-706
708	Incline Frame Holder – Front	2	ISLAMORADA-708
709	Water Bottle Holder	1	ISLAMORADA-709
710	Ball Shaped Handlebar Grip Cover	2	ISLAMORADA-710
711	Ball Shaped Handlebar Grip	2	ISLAMORADA-711
725	iPad Holder	1	ISLAMORADA-725
ISLAMORADA-800			
801	IWM Weight Scale	1	ISLAMORADA-801

ASSEMBLY





(A) Remove your Elliptical from the carton and place it on the floor in an open area.

(B) Remove the Elliptical and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 4-5.

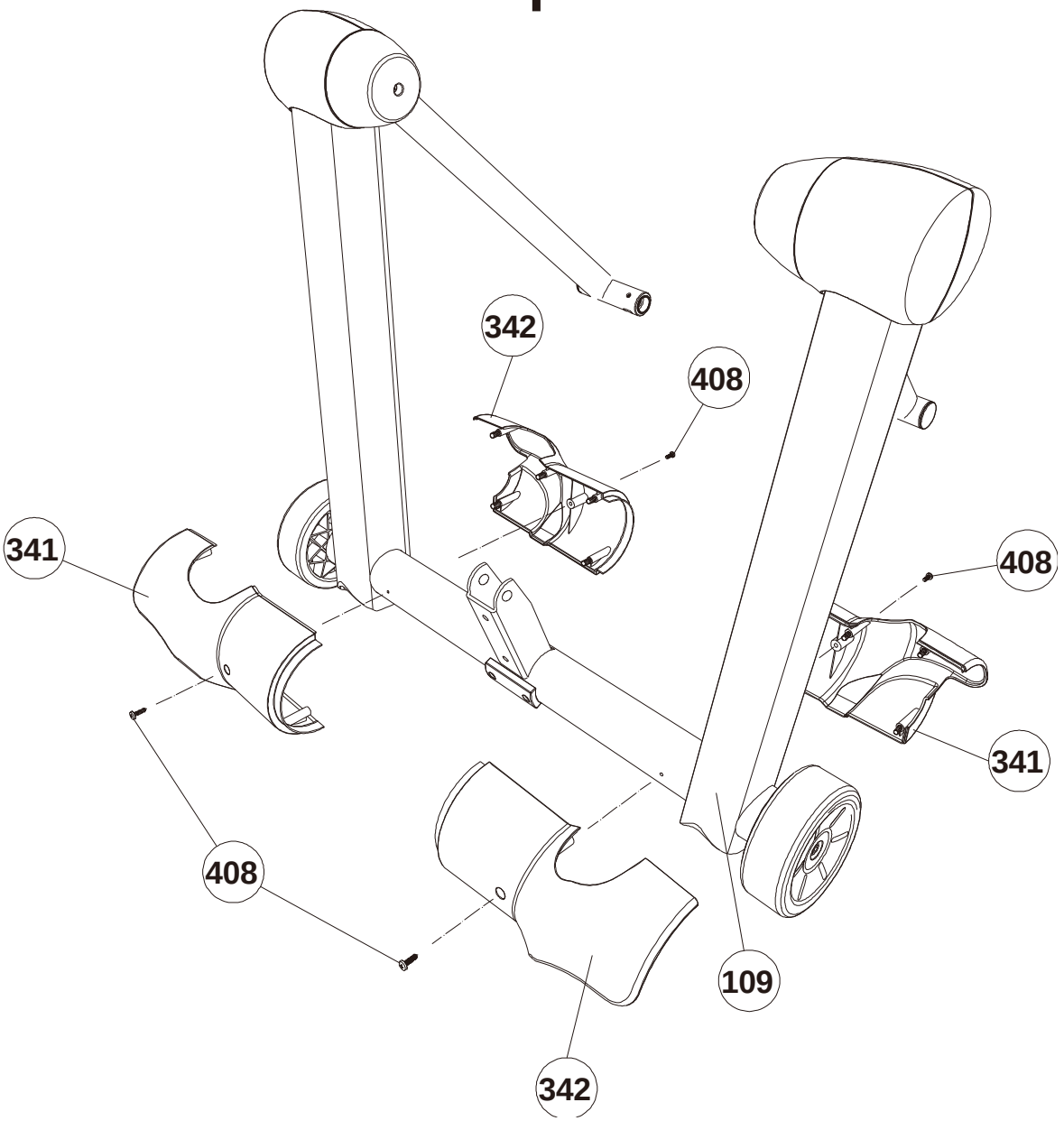
(D) Carefully separate all parts by size and type. This is critical as many are of similar size and shape. Use supplied ruler to size.

(E) After verifying inventory, if any parts are missing, please contact Fitness Market.

.

STEP1 ASSEMBLY

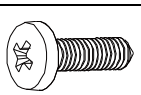
Step 1



STEP 1A) Attach the Incline Frame Lower Cover (341, 342) to the incline frame.

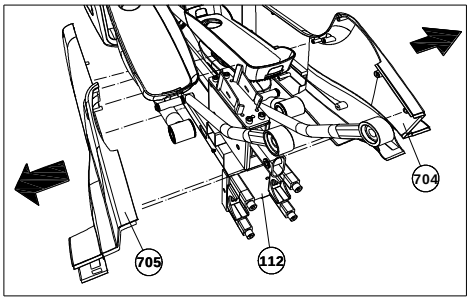
STEP 1B) Carefully snap pieces together using plastic guides.

STEP 1C) Secure using cone point screw (408).

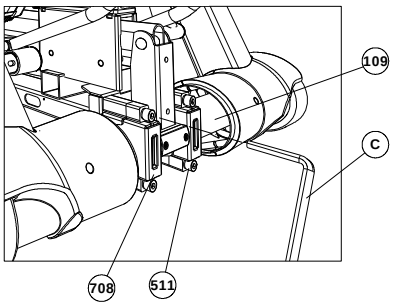
408	X4	

STEP2 ASSEMBLY

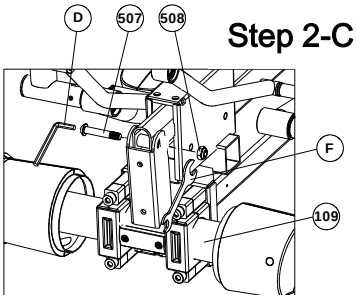
Step 2-A



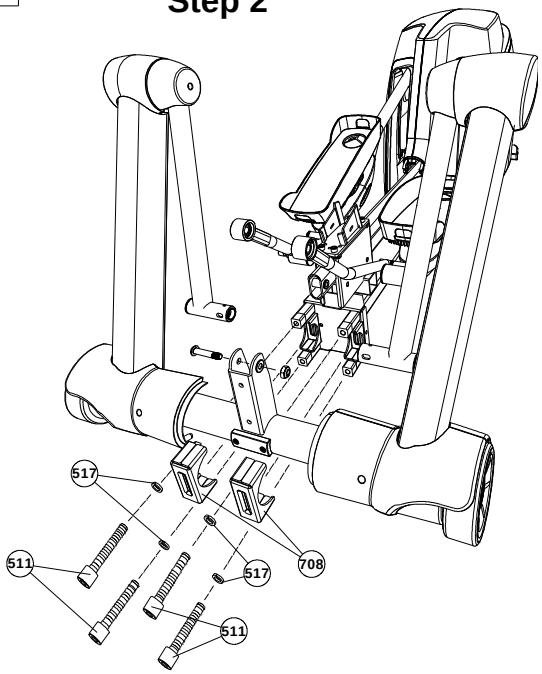
Step 2-B



Step 2-CD



Step 2



STEP2-A). Remove the Undercarriage Cover (704, 705) by carefully lifting pedal Assembly and removing each piece one at a time. Be careful not to snap Plastic push pins when taking apart. Place Styrofoam block (8) under Main Frame tube to provide clearance for positioning of Main Frame (112) For Assembly. Verify that rear incline frame holder (206) is securely tightened to Main Frame (112).

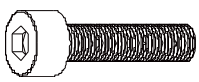
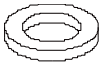
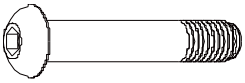
STEP2-B). Attach Incline Frame Set to the Main Frame, and hold the Incline Frame Holder – Front (708) to the Incline Frame (109), secure using Allen head CAP Bolts (511) with Spring Washer (517) on the Incline Frame Holder.

Don't fully tighten Allen Head CAP Bolt (511) until STEP2-D

STEP2-C). Rotate the Incline Frame (109) to align the bolt holes with the mating bolt Holes in the Incline Transmission Tube-Front (110).
Assemble the Incline Transmission Tube-Front (110) to the Incline Frame (109).

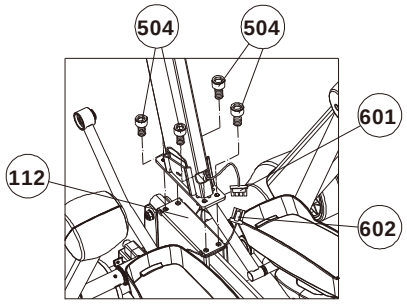
STEP2-D1). Firstly, tighten the Allen Head Bolt (507), and make sure again that already fully was matched here.

STEP2-D2). Then fasten the Nylon Nut (508) by 8mm Allen Key (D) and Wrench (F).
Fully tighten the Allen Head Bolt (511) by 8mm Allen Key.

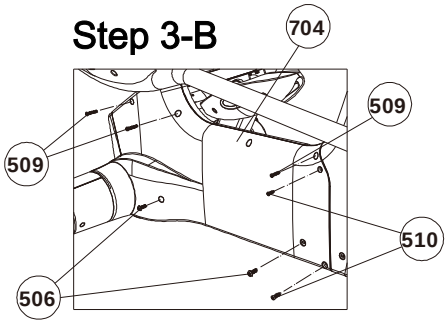
511	**X4**	
517	**X4**	
507	**X1**	
508	**X1**	

TEP3 ASSEMBLY

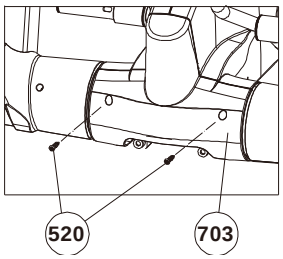
Step 3-A



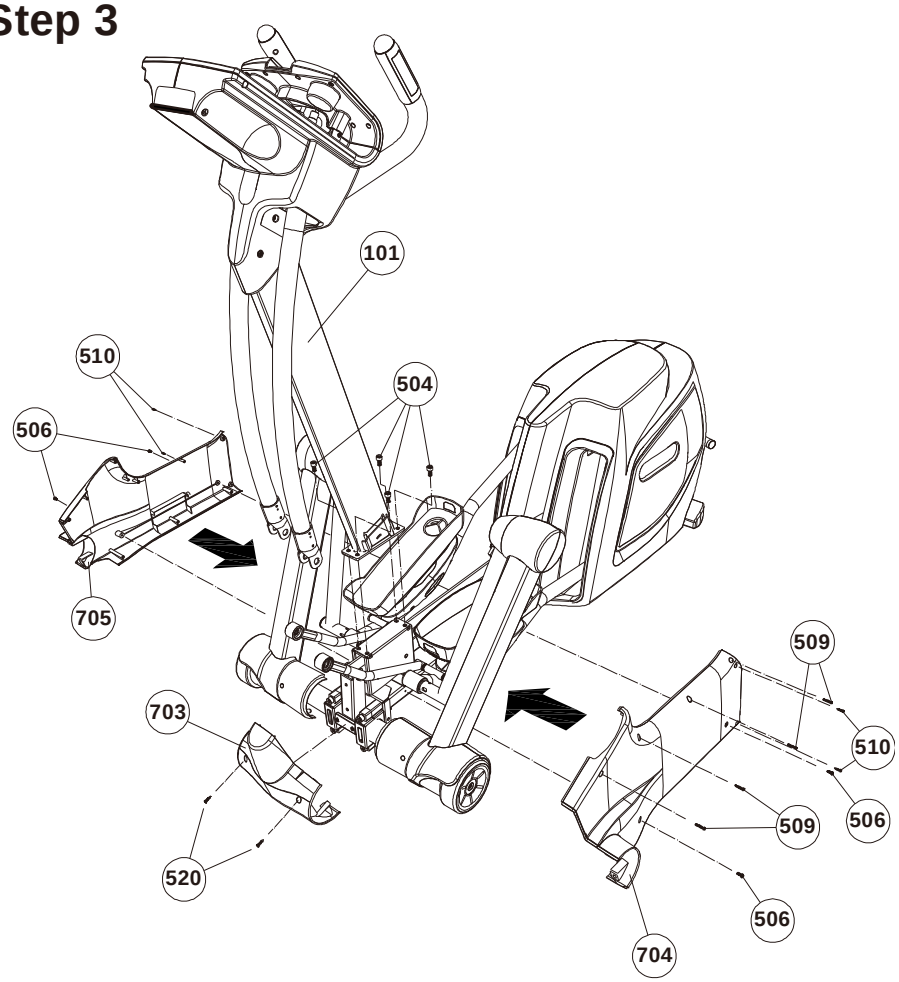
Step 3-B



Step 3-C



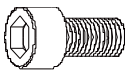
Step 3



STEP3-A). Assemble the Console Support Tube (101) to the Main Frame and secure Using four M8x20 mm Allen Head CAP Bolts (504). Connect the 8Pin Power Wire – Upper (601) to 8Pin Power Wire – Lower (602) by sliding plastic extrusion on connector under plastic clip on second connector .

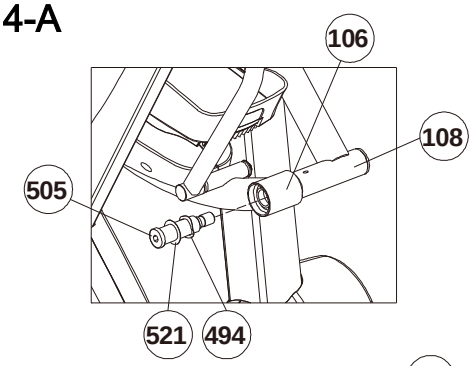
STEP3-B). Lift the Pedal Arm and attach the Undercarriage Cover (704, 705) to the Main Frame, and secure using Flat point screw (506), Screw (509), Screw (510).

STEP3-C). Attach the Incline Frame Front Cover (703) to the Incline Frame and secure Using two Screws (520).

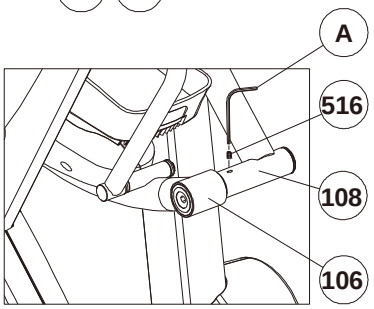
504	**X4**	
506	**X4**	
509	**X4**	
510	**X6**	
520	**X2**	

STEP4 ASSEMBLY

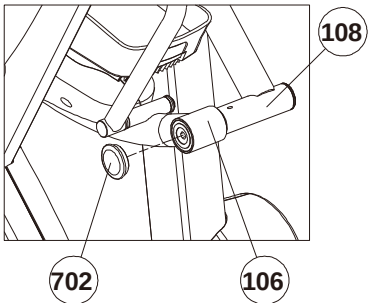
Step 4-A



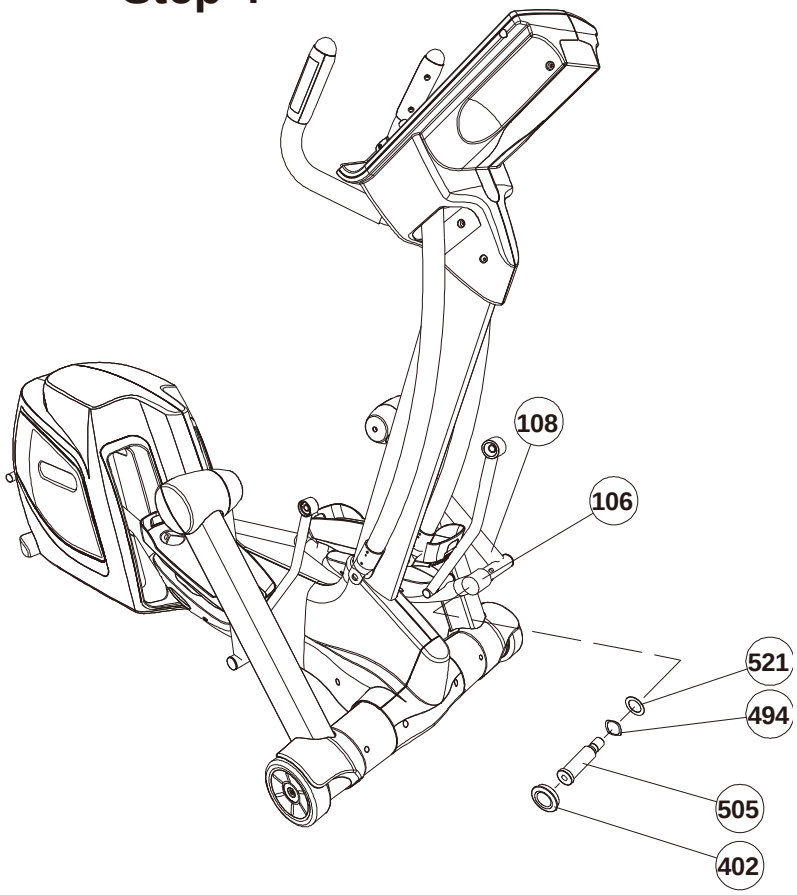
Step 4-B



Step 4-C



Step 4

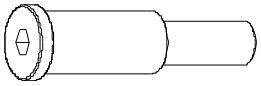
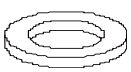


STEP4-A). Slide the 20x79.9 Bolt (505) through the Wave Washer (521) & 0.5mm Washer (494) , Pedal Arm, and Pedal Swing Arm (108) then secure by 8mm Allen Key (C).

STEP4-B). Secure the Back Out Screw (516) to the Pedal Swing Arm (108) using the 2.5mm Allen Key (A)

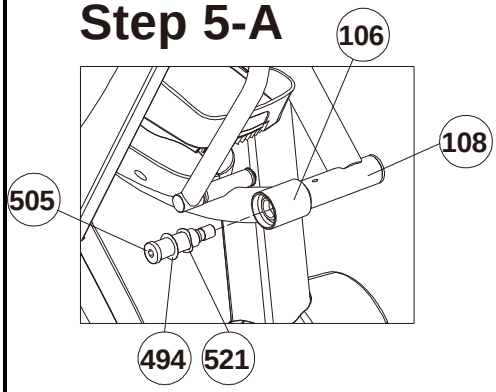
NOTE: PLEASE FULLY TIGHTEN Screw (516).

STEP4-C). Press the Pedal Arm Front Pivot Cover (702) into the ends of the Pedal Arm.

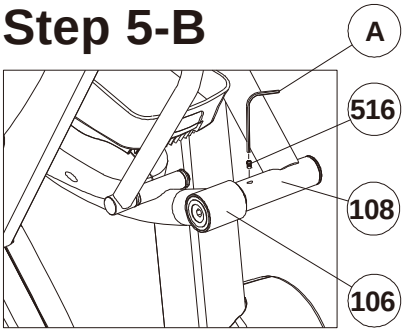
505	**X2**	
494	**X2**	
521	**X2**	
516	**X2**	

STEP5 ASSEMBLY

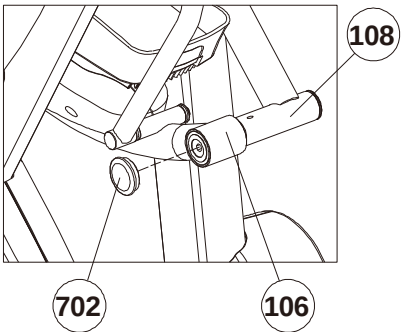
Step 5-A



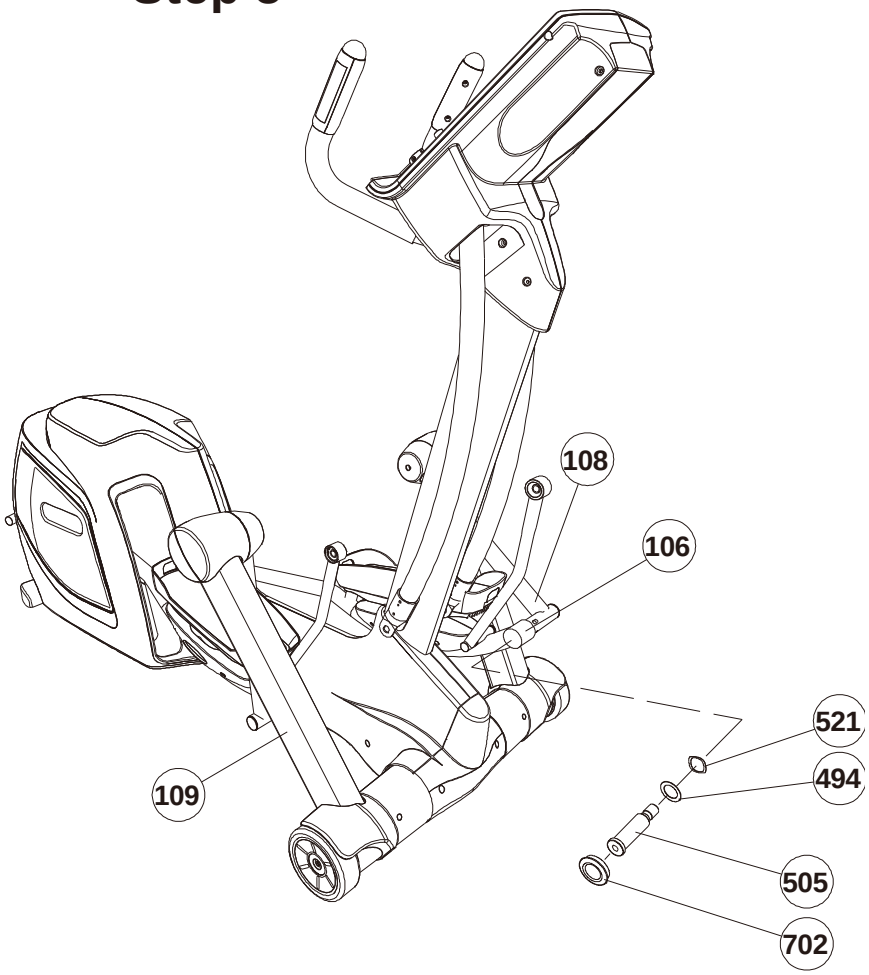
Step 5-B



Step 5-C

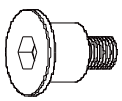
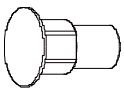


Step 5



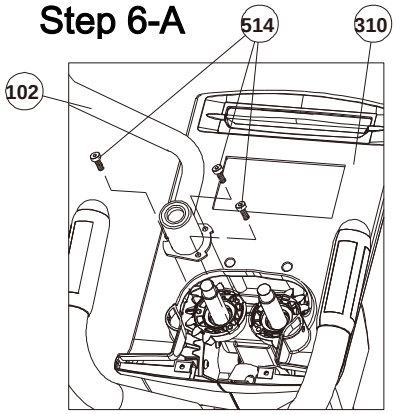
STEP5-A). Connect the Action Arm to the Moving Linkage and secure using the M8x10mm Bolt (502) and M8x15mm Bolt (503) by 6mm Allen Key (D). Do not over tighten or squeaking may occur.

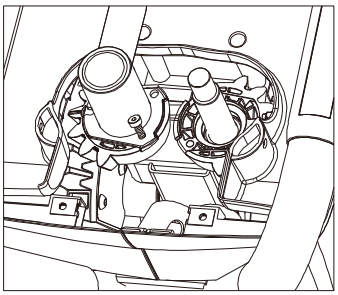
SETP5-B). Assemble the Action Handlebar Lower Cover (701) to the Action Handlebar and secure using the Cone Point Screw (501).

502	X2	
503	X2	
501	X4	

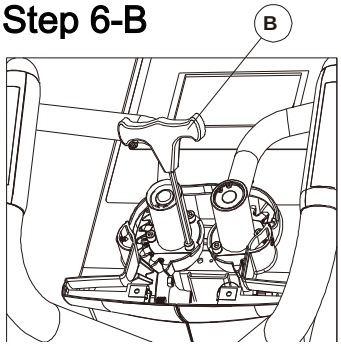
STEP6 ASSEMBLY

Step 6-A

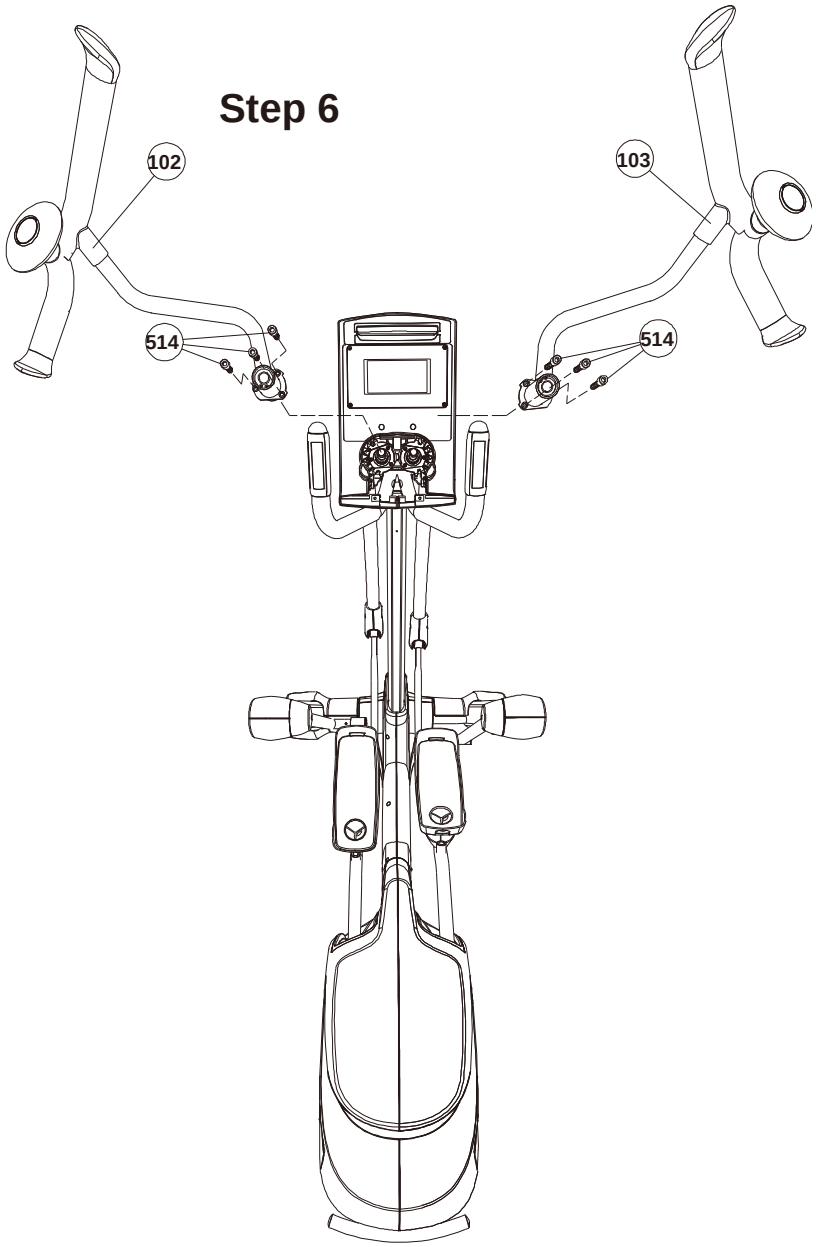




Step 6-B

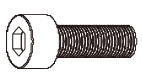


Step 6



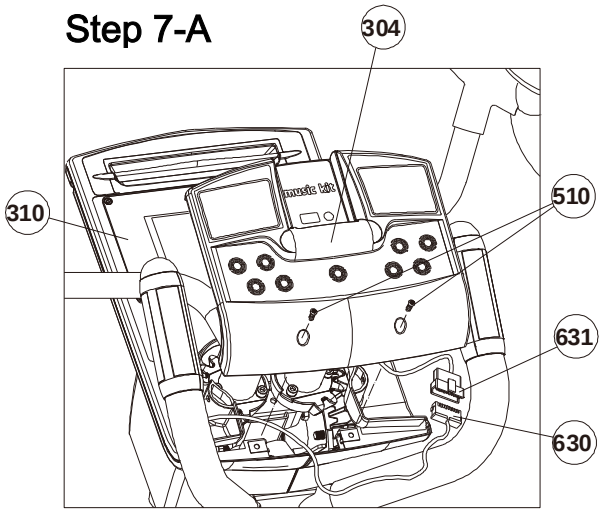
STEP6-A). Please release that Plastic Gear Bushings (360) first, then install the Moving Handlebar (102) with M6x20mm Allen Head Bolt (514) to lock the moving handlebar on the console.

STEP6-B). Tight the Allen Head Bolts (514) by 5mm Allen Key (B).

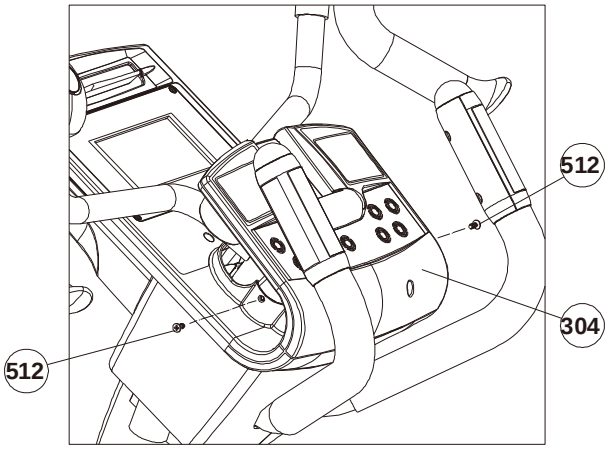
514	X6	

STEP7 ASSEMBLY

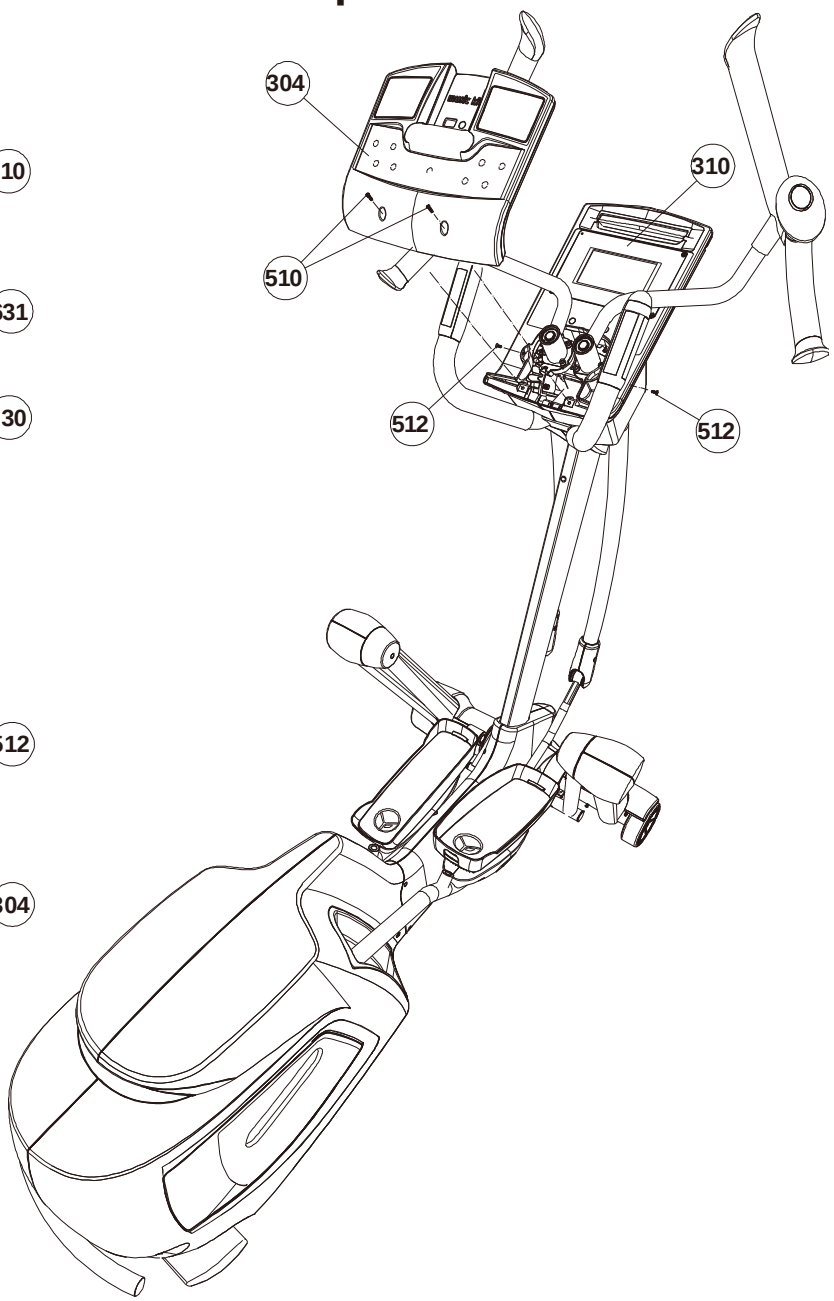
Step 7-A



Step 7-B



Step 7

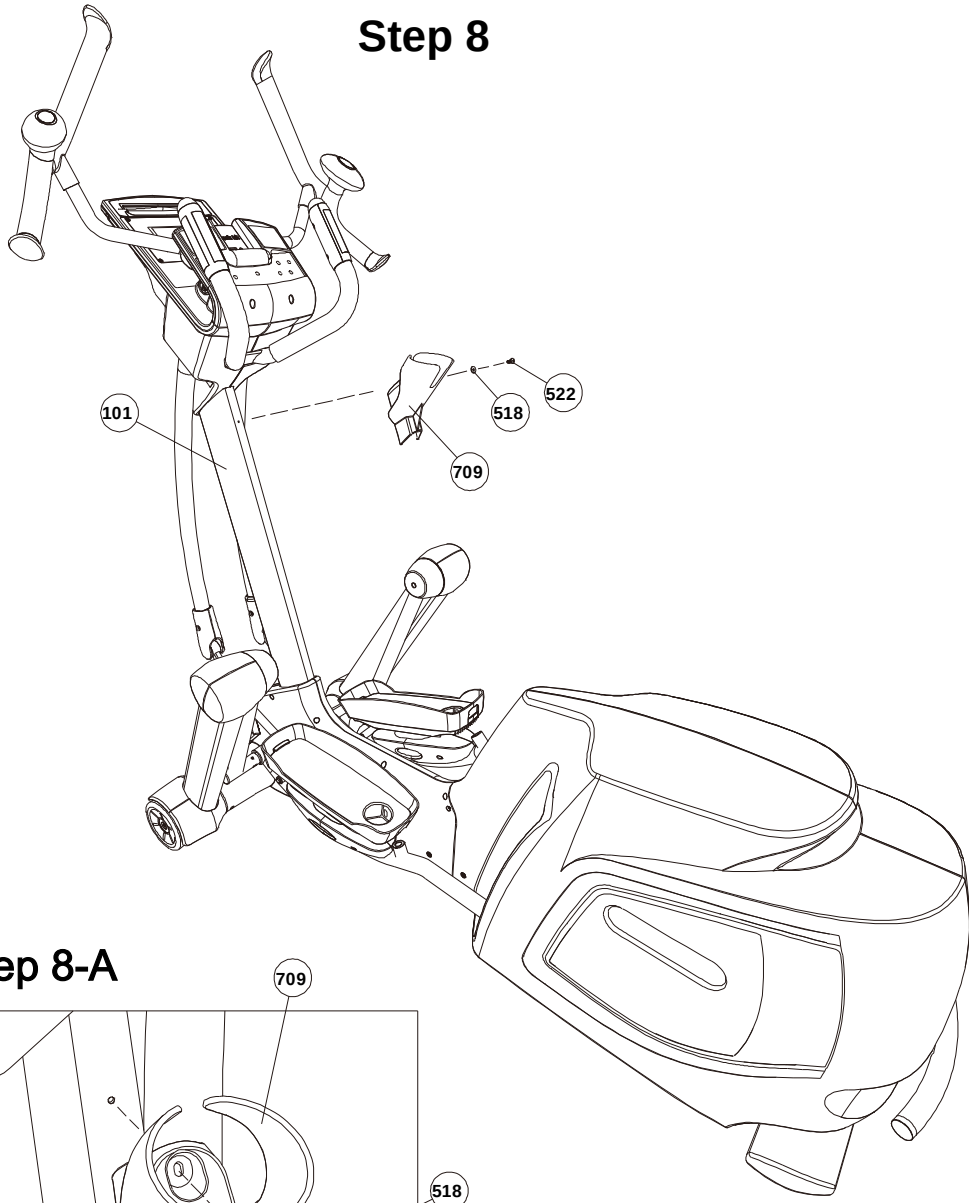


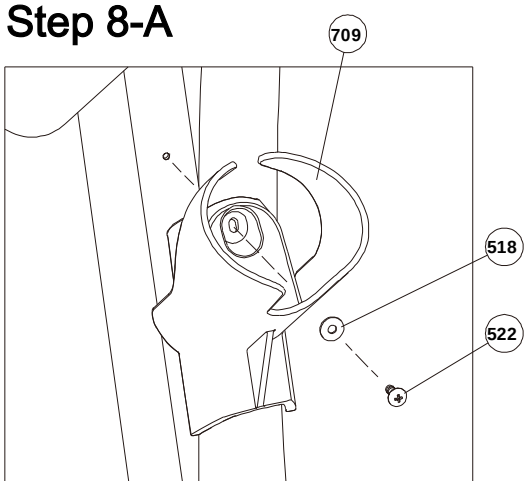
STEP7-A). Carefully to connect Button Board Connection Wire (631), and please do not backward in here. Besides, please also note that don't let connection wire drop into those two handlebar gears, otherwise it may pinch this connecting wire. Then attach the Button Control Panel (A1), and secure using Screw (510).

STEP7-B). Use Screw (512) to hold the Button Control Panel on left and right side to the corresponding hole in plastic.

510	**X2**	
512	**X2**	

STEP8 ASSEMBLY



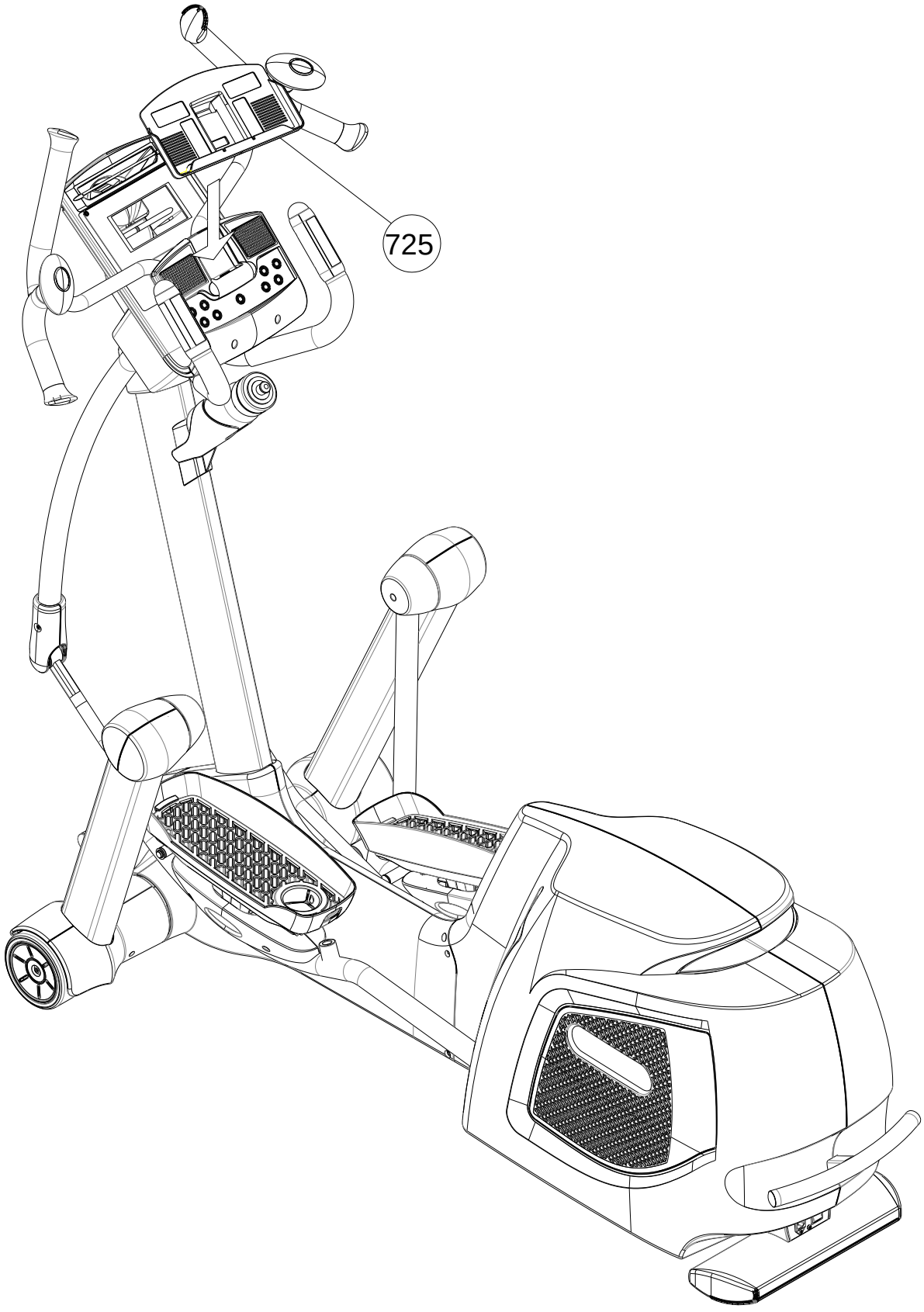


STEP8-A). Attach the Water Bottle Holder (709), and secure using Cone point screw (522) with Washer (518).

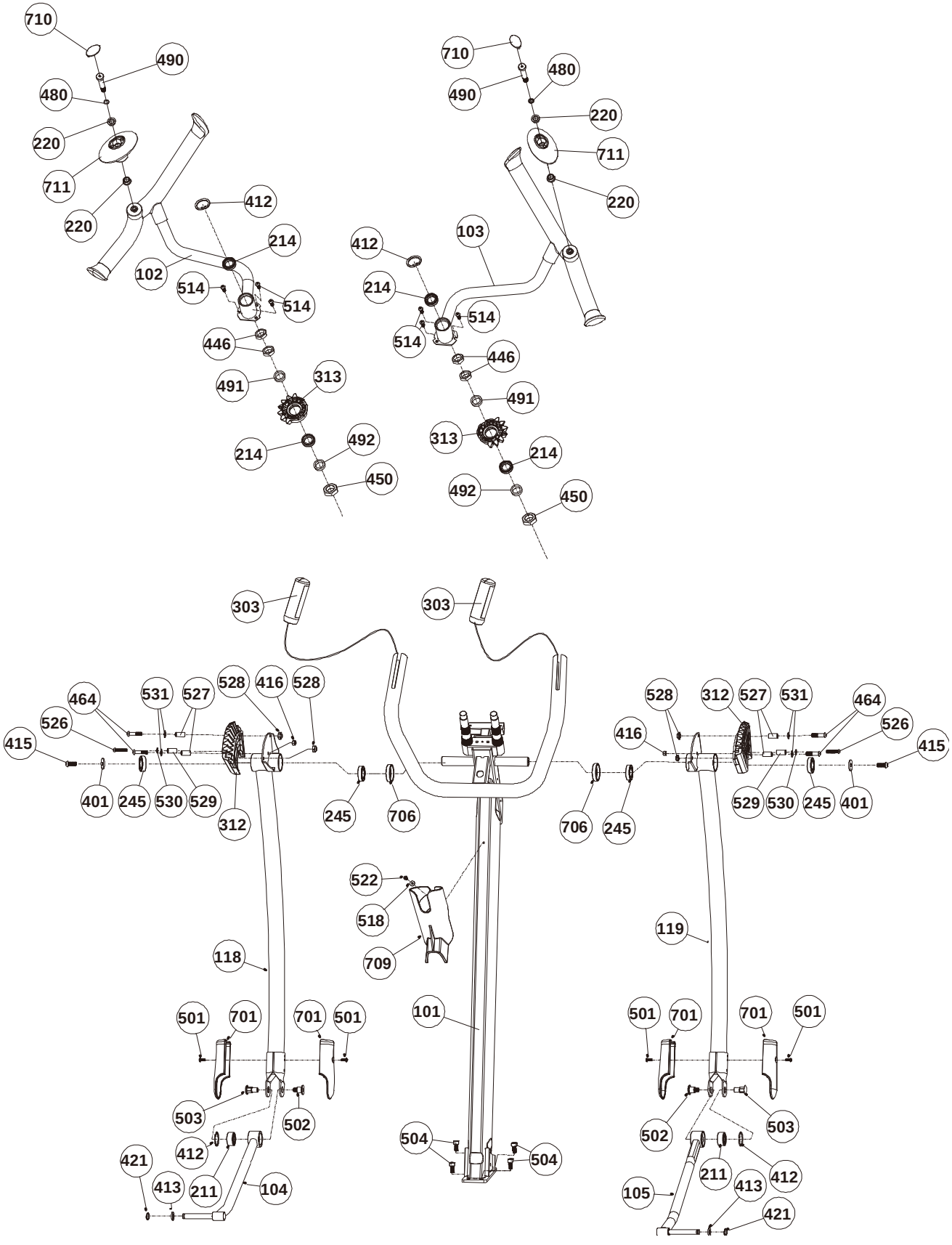
Your Elliptical is now fully assembled.

522	**X1**	
518	**X1**	

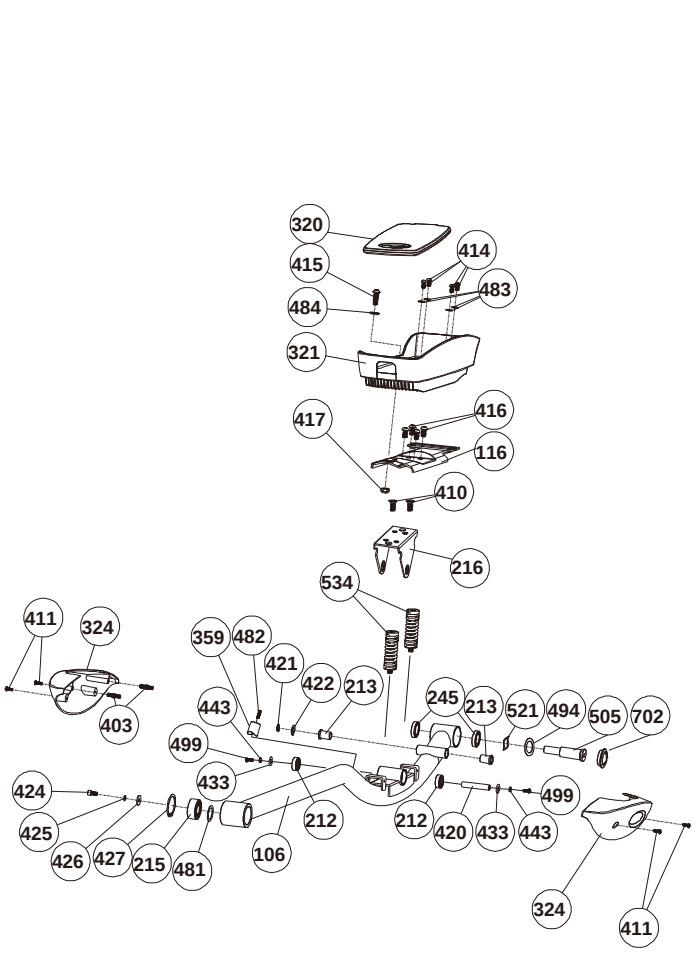
STEP9 ASSEMBLY

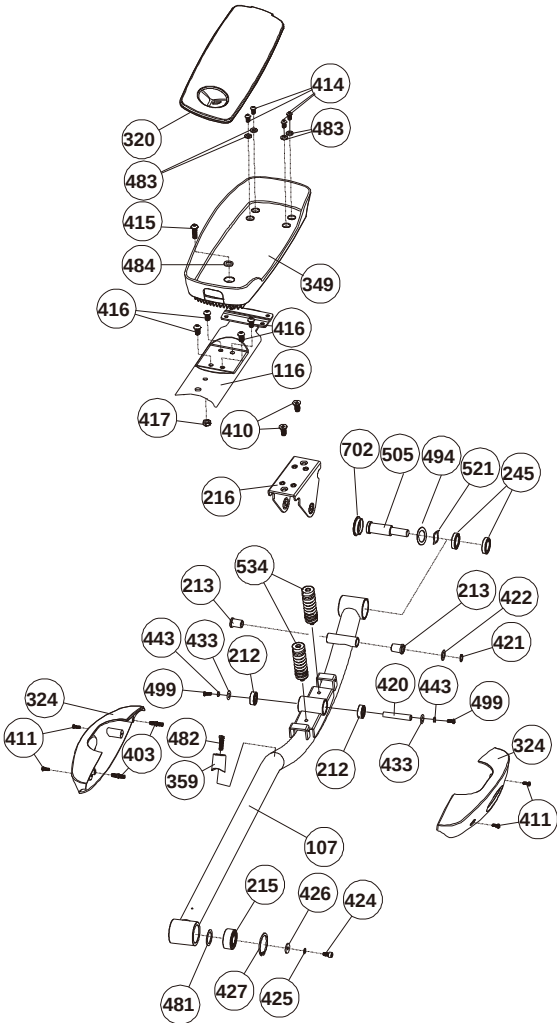


EXPLODED DIAGRAM

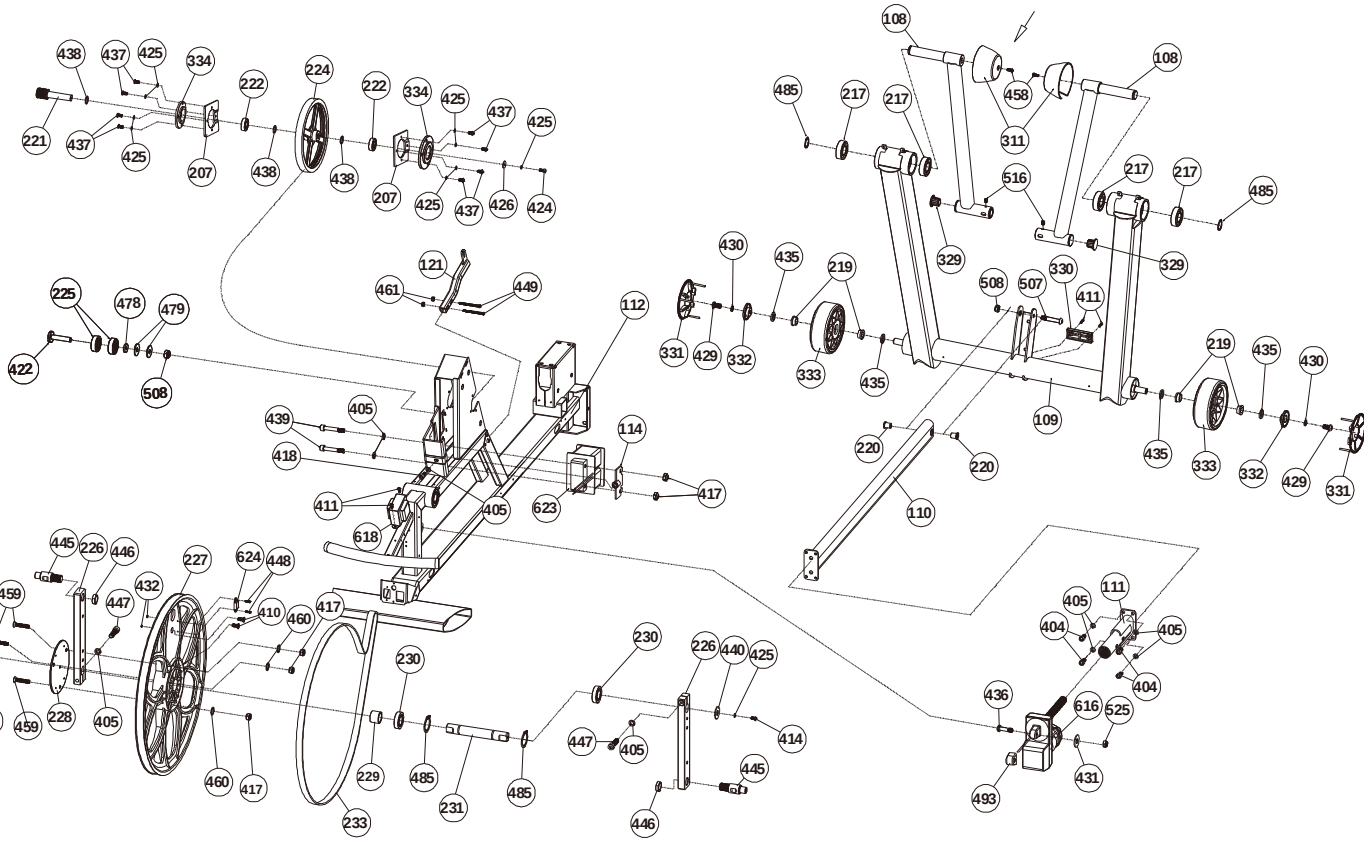


EXPLODED DIAGRAM

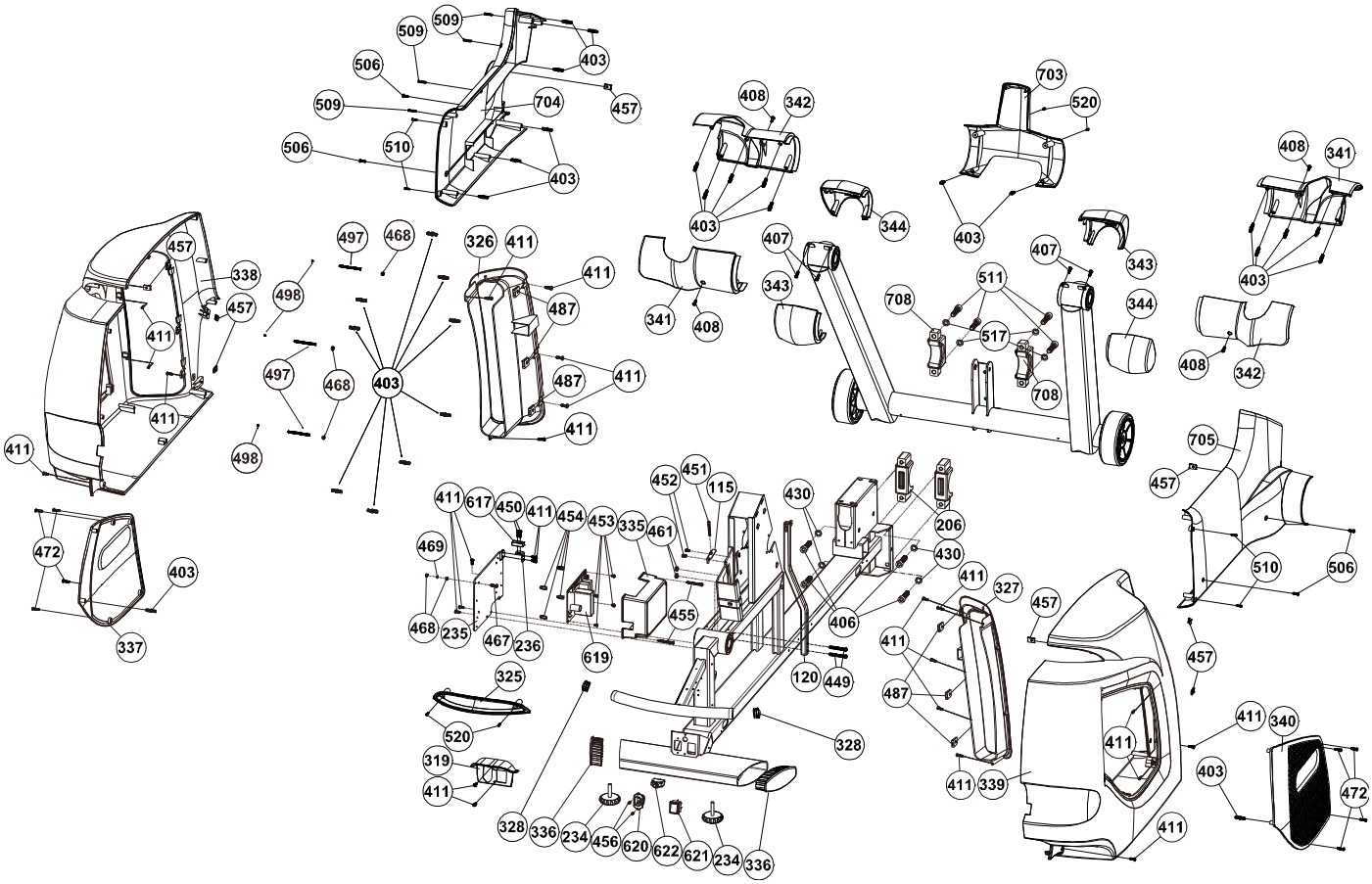




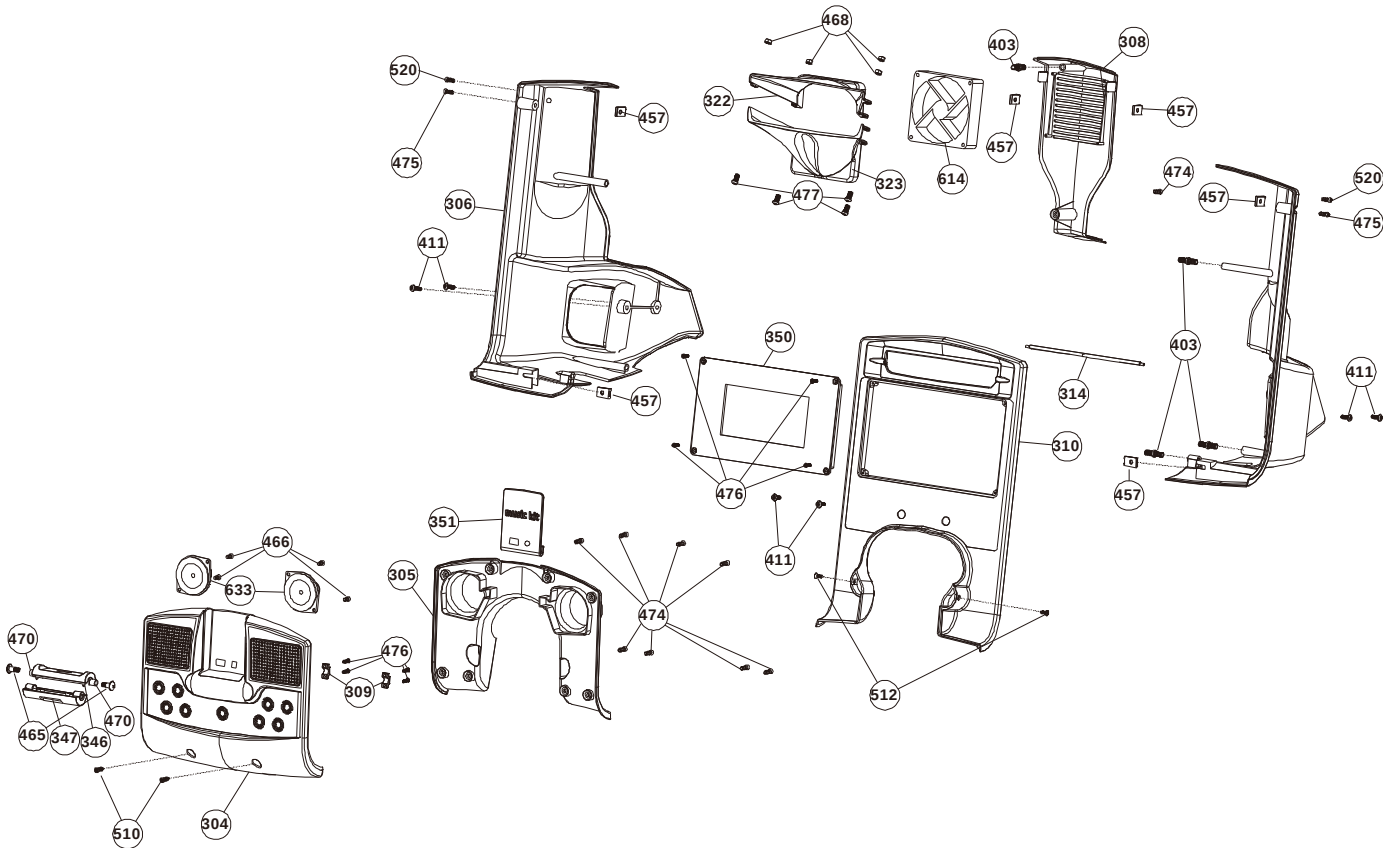
EXPLODED DIAGRAM



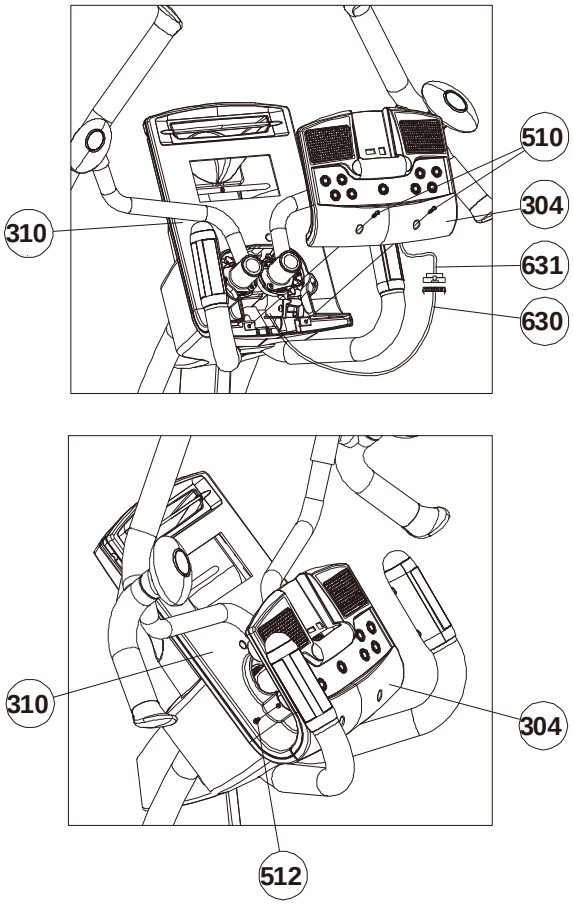
EXPLODED DIAGRAM

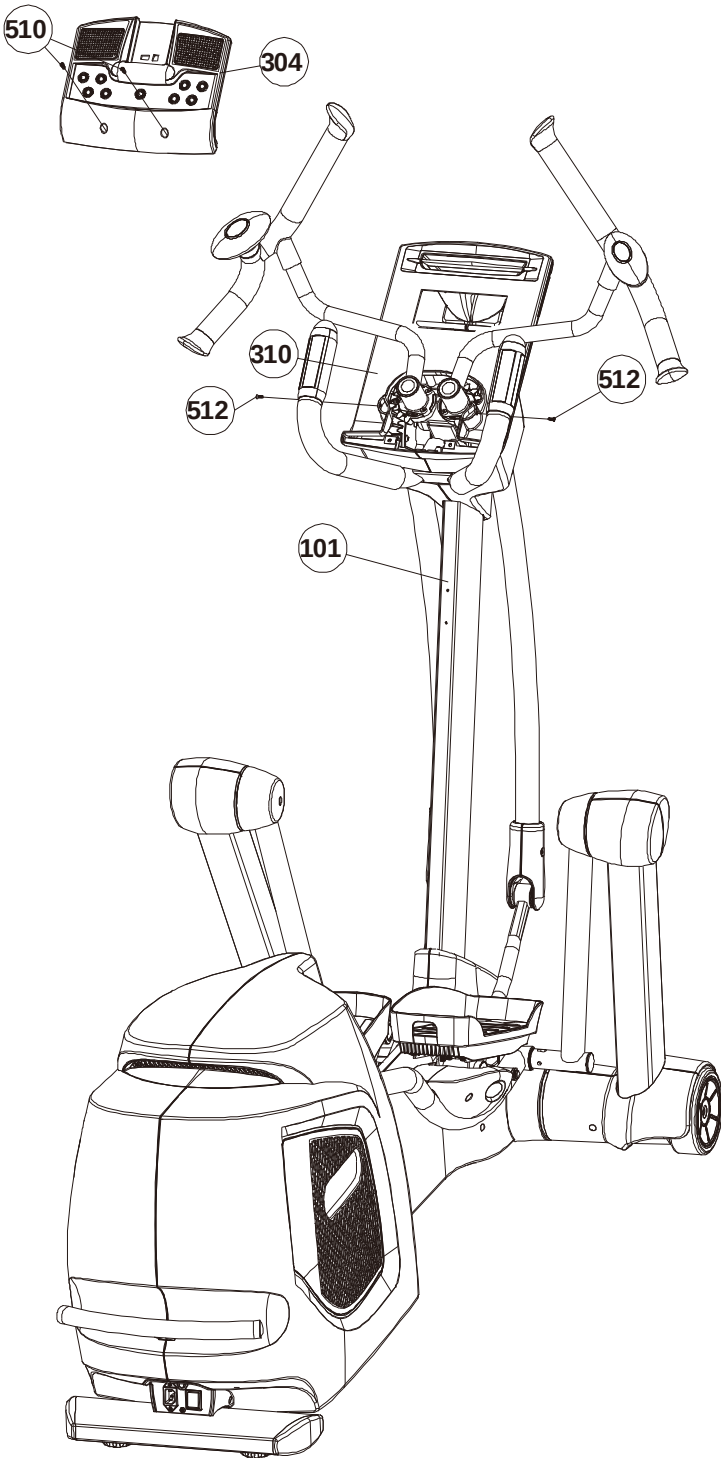


EXPLODED DIAGRAM



WIRE DIAGRAM



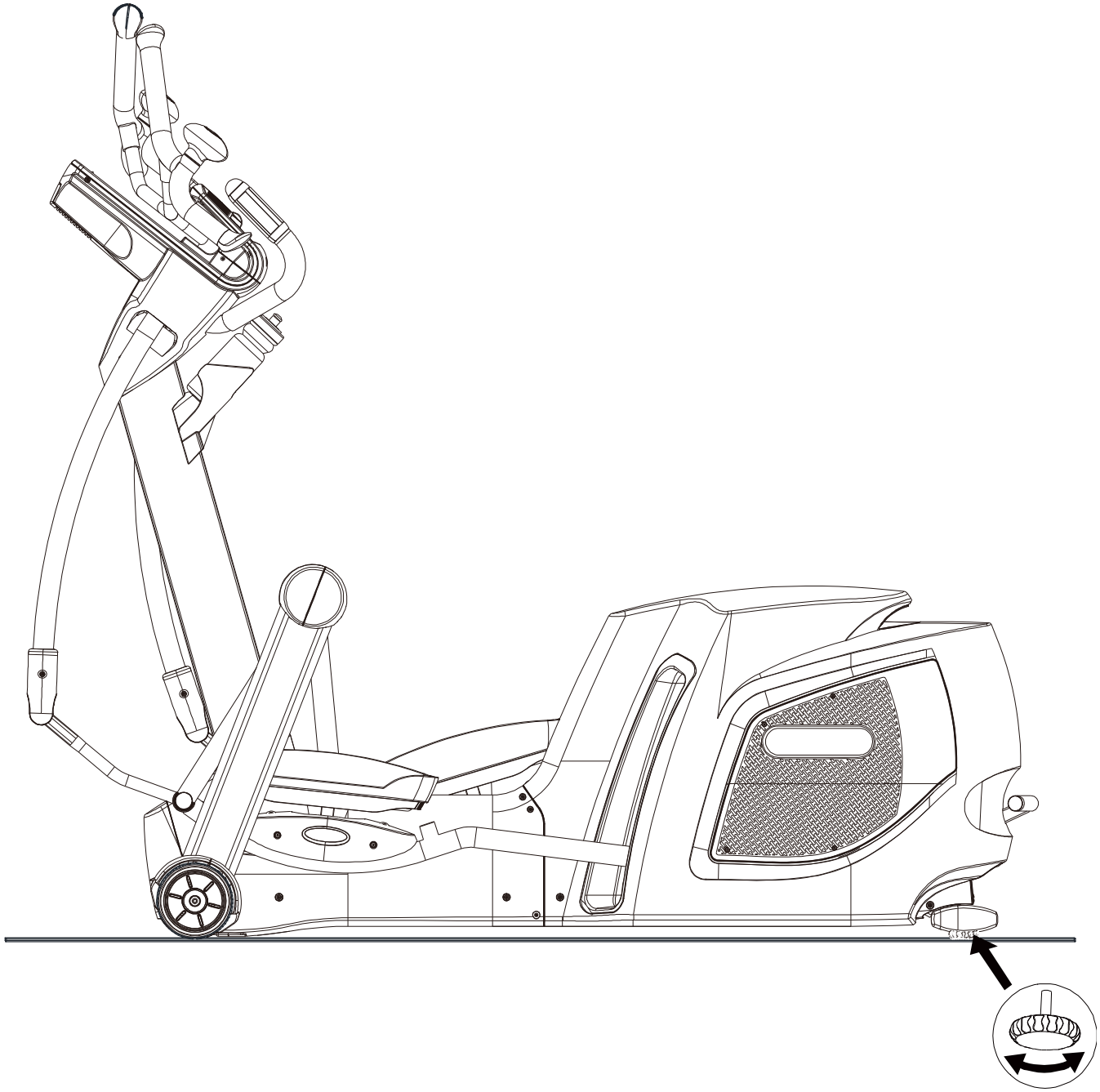


STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the ISLAMORADA cross trainer simply rotate the Level Adjusters clockwise or counter clockwise.

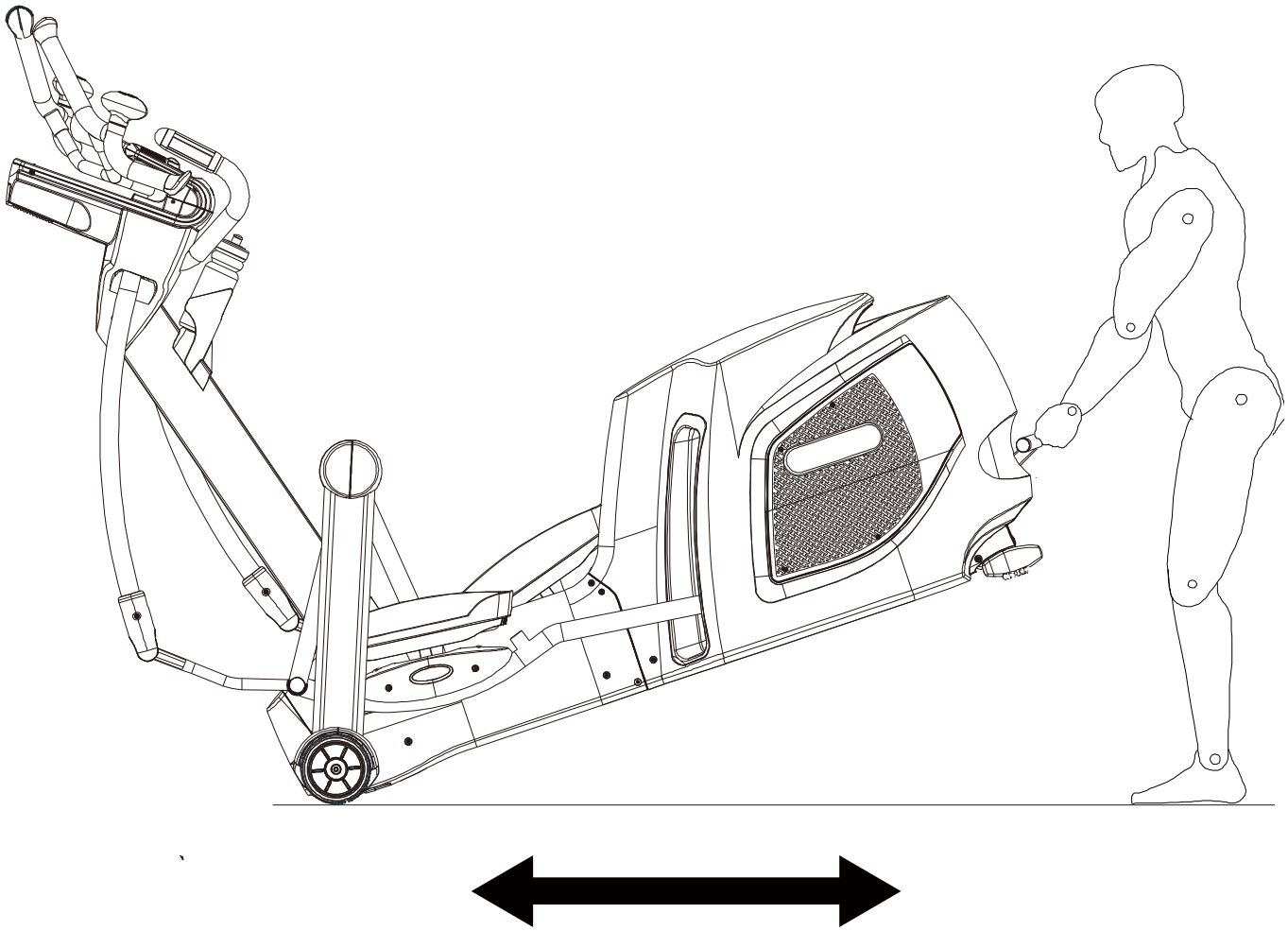
Tilt the cross trainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

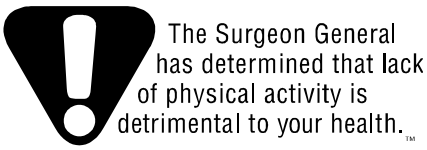
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

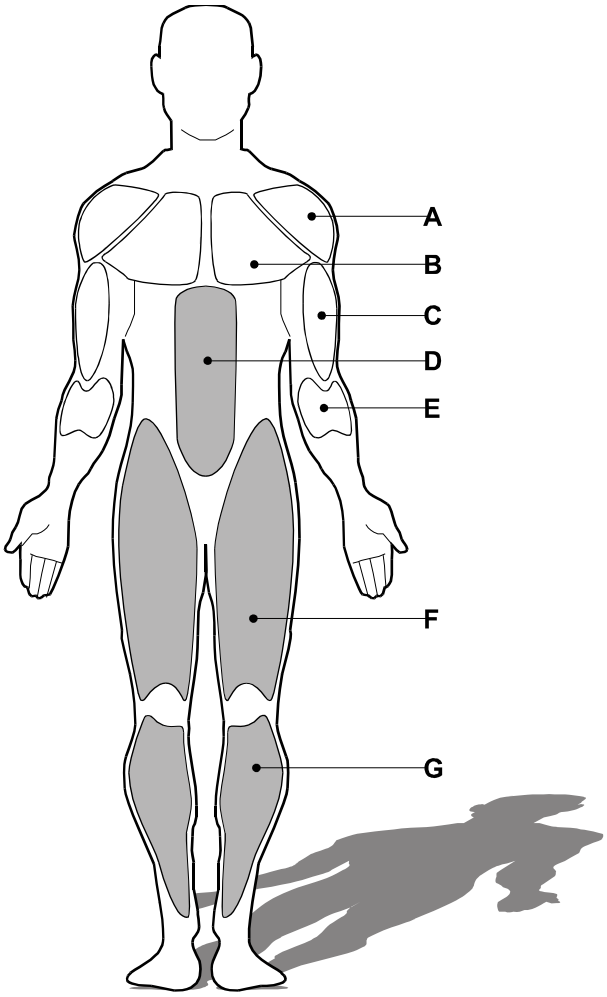
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

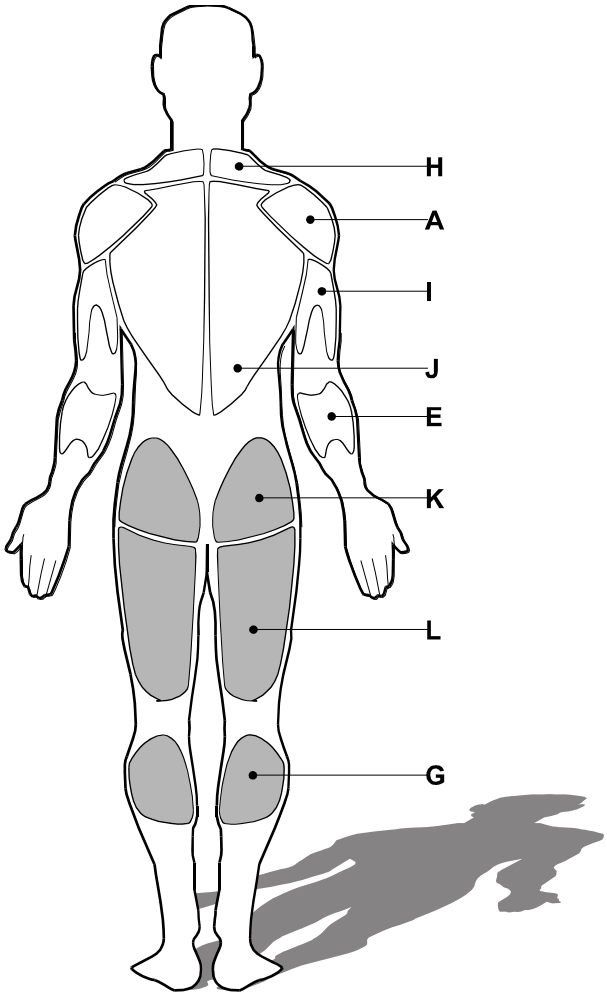


MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

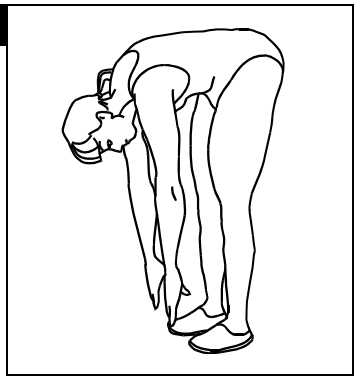
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Triceps muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteus muscles	K
F	Quadriceps muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

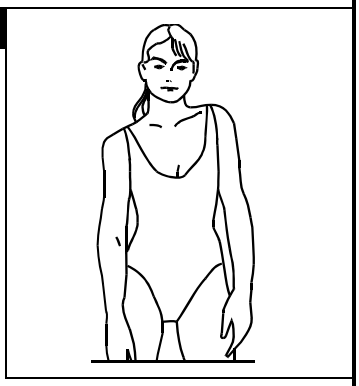
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



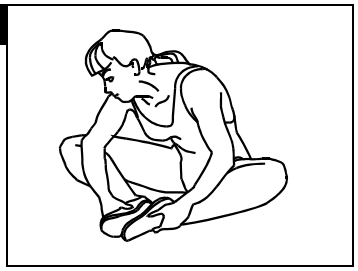
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



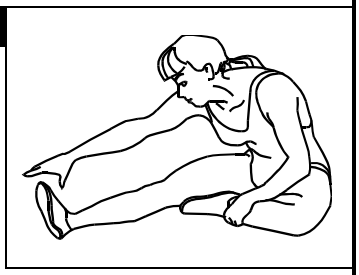
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



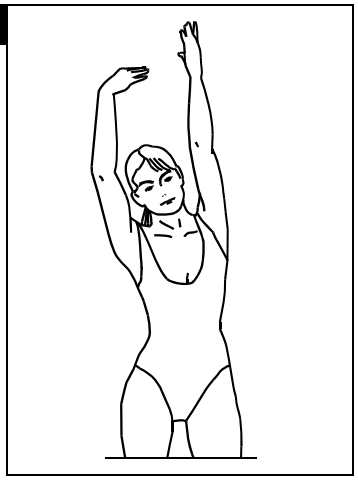
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



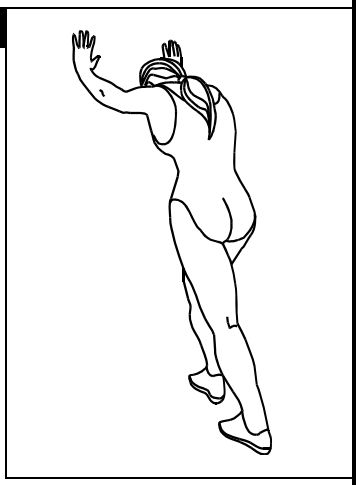
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



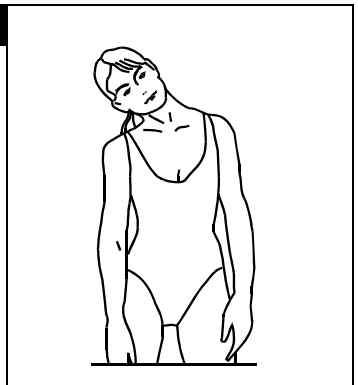
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "ISLAMORADA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL **SERVICE@YOWZAFITNESS.COM** to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "ISLAMORADA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but not limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "ISLAMORADA" name are intended for ***RESIDENTIAL USE ONLY***. See further "Circumstances and use that will void your warranty "below.

CIRCUMSTANCES AND USE THAT WILL VOID YOUR WARRANTY: Any use other than for residential purpose including but not limited to: use in a commercial business, use in a member paid organization or association, use in an outside the home office or location of any kind that is not the residence of the buyer, immediate household members or family. Willful disregard for the proper maintenance, use and location of the equipment. Loss from natural disasters such as hurricanes, floods, tornados etc. are not covered.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

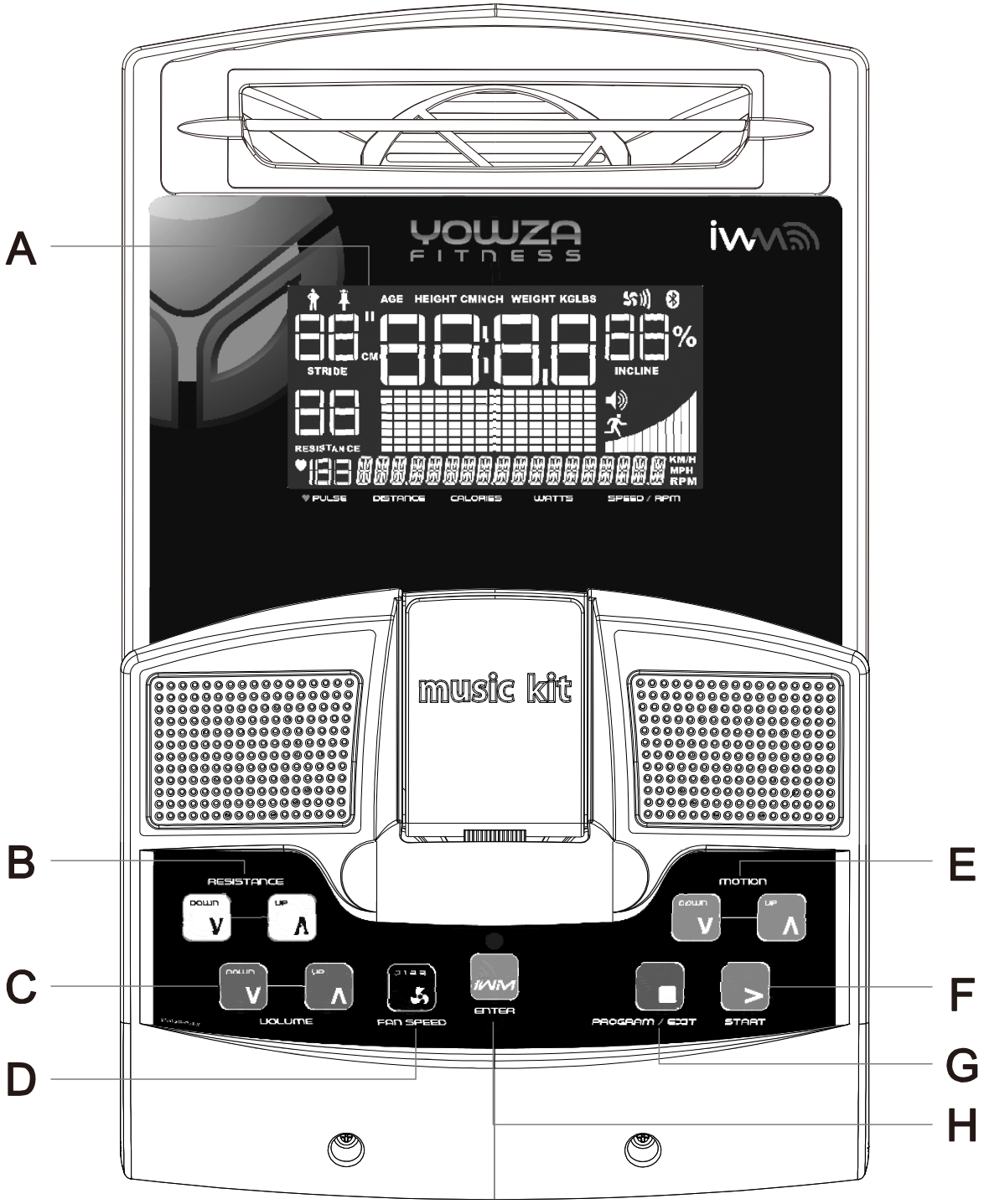
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

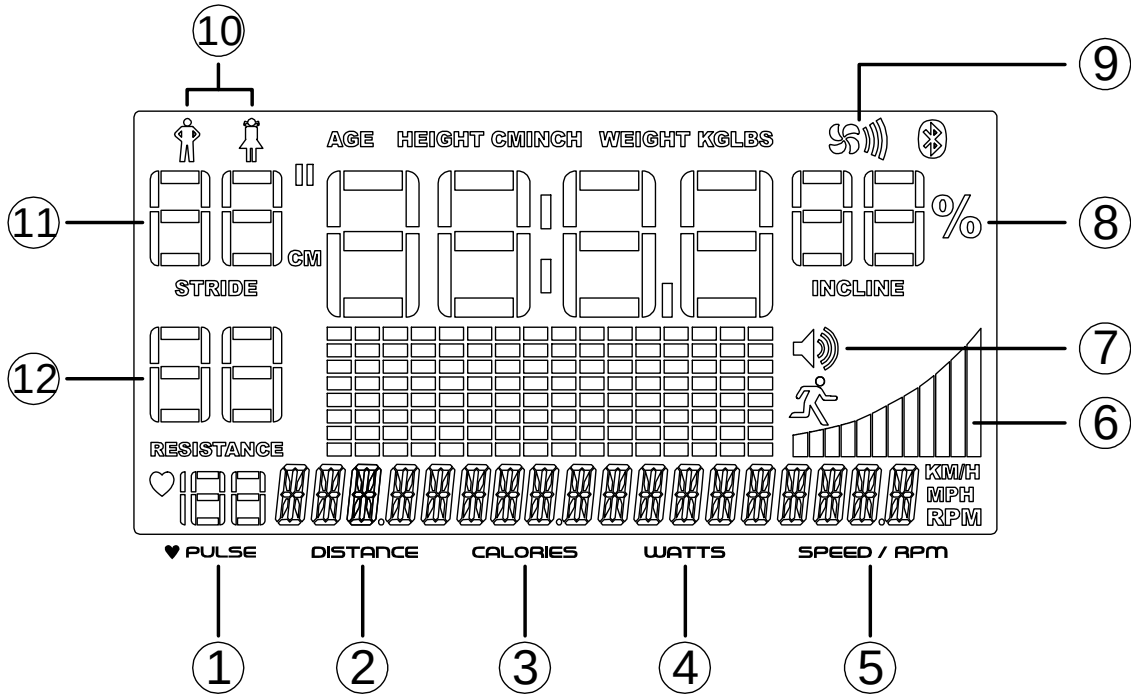


A	DISPLAY	B	RESISTANCE UP/DOWN BUTTON	C	VOL CONTORLS
D	FAN CONTROL	E	MOTION UP/DOWN BUTTON	F	START
G	PROGRAM/EXIT	H	IWM/ENTER		

COMPUTER OPERATION

Before assembling or using your fitness equipment, please do carefully read the precautions included in the assembly instruction.

DISPLAY



To switch from Metric to English display please read the chapter Metric to English conversion.

PULSE (1)
The PULSE - display range is from 0 to 199.

DISTANCE (2)
The DISTANCE display range is from 0.0 to 99 kilometres/miles.

CALORIES (3)
The calories display range is from 0 to 999.

WATT (4)
The display range of the WATT is from 0 to 999.

SPEED/RPM (5)
It will display the SPEED (MPH/KMH) /RPM.

MOTION LEVEL DISPLAY (6)
Displays motion level from L1 to L12.

SPEAKER Volume(7)

INCLINE%(8)
It will display the Incline percentage in this area.

FAN (9)
First Press: Second Press:
Third Press: Fourth Press: **STOP**

GENDER (10)
Press the resistance UP/DOWN button to select your gender.

STRIDE INCH/CM (11)
It will display the workout STRIDE (INCH/CM) while exercise.

RESISTANCE LEVEL(12)
It will display your current Resistance Level when exercise.

COMPUTER OPERATION

POWER ON
After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.

QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

SLEEP MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE
While in the PROGRAM, without pedalling the machine for 10 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.

USER WEIGHT
After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press ENTER to confirm.

USER GENDER
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.

USER AGE
After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.
Estimated Normal pulse rate = (220 – AGE) X 65%
Estimated Maximum pulse rate = (220 – AGE) X 85%

PROGRAM
To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the STRIDE display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

P 1- P 9 & C 1-C 3 Program Selecting Procedure
After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP “and “DOWN” to select. Then press the “ENTER” button to confirm and save.

COMPUTER OPERATION

Intelligent Weight Management

Intelligent Weight Management Program Operation Procedures:

1. Turn on the power of equipment. Press Resistance UP/DOWN buttons to select specific user ID (between U1 to U7). Press the button of “IWM” on console, the light would start blinking. The blinking light on IWM button means that console is waiting for signal of user weight measurement from weight scale. Stand on scale steady until the body weight figure display on scale with 3 times blinking. The body weight figure will be transmitted to console display automatically. The IWM light would stop blinking and have one “beep” after receive user weight data. You would see the user weight figure that record on console screen.

   You now need to set sex of user. Press the Resistance UP/DOWN buttons to change the user sex between male and female. Press ENTER button to confirm your choice.

2. Next is set user age. The default age is 35, press Resistance UP/DOWN buttons to adjust numbers of user age. Press ENTER button to confirm.

3. Now set the user height. Press Resistance UP/DOWN buttons to adjust numbers of height then press ENTER button to confirm.

4. After finish user profile set up, the console will display the recommend user weight on “RECOM.” weight numbers that calculated through user height based on standard BMI. You can compare the exact body weight and recommend body weight. Console would also automatically generate the personalized workout program with target calories. All you need to do now is press START button and enjoy your workout. After start the exercise program, the target calories would countdown till zero. The console will adjust resistance automatically.

5. You can adjust the Resistance by pressing related buttons during exercise. The workout time would be changed accordingly. For example, you increase Resistance manually then the workout time will become shorter accordingly. It because the target calories are preset by IWM, once you increase Resistance the workout time would become shorter to maintain the same calories consuming.

COMPUTER OPERATION

P1: TIME GOAL

This program will let you set a Time as your workout goal. The MOTION and Resistance level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P1 program, you are prompted to enter a time goal by resistance UP/DOWN button to adjust value and press ENTER to continue. Finally, press START to begin.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the “PROGRAM/EXIT” button.

P2: DISTANCE GOAL

This program will let you set a Distance as your workout goal. The MOTION and Resistance level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P2 program, you are prompted to enter a distance goal by resistance UP/DOWN button to adjust value and press ENTER to continue. Finally, press START to begin.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the “PROGRAM/EXIT” button.

P3: CALORIE GOAL

This program will let you set a Calorie Total as your workout goal. The MOTION and Resistance level will not change unless you manually do so. Any setting you change will remain that way for the remainder of the program.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P3 program, you are prompted to enter a calories goal by resistance UP/DOWN button to adjust value and press ENTER to continue. Finally, press START to begin.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the “PROGRAM/EXIT” button.

P4: FAT BURN

This program’s goal is to elevate your heart rate and maintain it for most of your workout. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P4 program, you are prompted to enter difficulty setting (d1-d8), and workout time which can be adjusted by resistance UP/DOWN button. Press ENTER to save whole setting and press START to begin.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the “PROGRAM/EXIT” button.

During the program, the MOTION level will not change unless you manually change it. Any MOTION setting you change will remain that way for the remainder of the program.

COMPUTER OPERATION

P5 – INTERVAL RESISTANCE

This program's goal is to vary your RESISTANCE Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P5 program, you are prompted to enter difficulty setting (d1-d8), and workout time which can be adjusted by resistance UP/DOWN button. Press ENTER to save whole setting and press START to begin.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press MOTION UP/DOWN to adjust the MOTION.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the "PROGRAM/EXIT" button.

During the program, the MOTION level will not change unless you manually change it. Any MOTION setting you change will remain that way for the remainder of the program.

P6 – INTERVAL MOTION

This program's goal is to vary your MOTION Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P6 program, you are prompted to enter difficulty setting (d1-d8), and workout time which can be adjusted by resistance UP/DOWN button. Press ENTER to save whole setting and press START to begin.

During the program: Calories counts down to 0, Time counts up, and Distance counts up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press MOTION UP/DOWN to adjust the MOTION.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the "PROGRAM/EXIT" button.

MOTION LEVEL \ TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
MOTION - d1	19"	23"	23"	19"	19"	23"	23"	19"	19"	23"	23"	19"	19"	23"	23"	19"
MOTION - d2	20"	24"	24"	20"	20"	24"	24"	20"	20"	24"	24"	20"	20"	24"	24"	20"
MOTION - d3	21"	25"	25"	21"	21"	25"	25"	21"	21"	25"	25"	21"	21"	25"	25"	21"
MOTION - d4	22"	26"	26"	22"	22"	26"	26"	22"	22"	26"	26"	22"	22"	26"	26"	22"
MOTION - d5	23"	27"	27"	23"	23"	27"	27"	23"	23"	27"	27"	23"	23"	27"	27"	23"
MOTION - d6	23"	28"	28"	23"	23"	28"	28"	23"	23"	28"	28"	23"	23"	28"	28"	23"
MOTION - d7	23"	29"	29"	23"	23"	29"	29"	23"	23"	29"	29"	23"	23"	29"	29"	23"
MOTION - d8	23"	30"	30"	23"	23"	30"	30"	23"	23"	30"	30"	23"	23"	30"	30"	23"

Stride path (INCH)

During the program, the Resistance level will not change unless you manually change it. Any Resistance setting you change will remain that way for the remainder of the program.

COMPUTER OPERATION

P7: ENDURANCE (L1 – L8) LEVEL

This program's goal is to vary your Resistance and MOTION Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P7 program, you are prompted to enter difficulty setting (d1-d8), and workout time which can be adjusted by resistance UP/DOWN button. Press ENTER to save whole setting and press START to begin.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press MOTION UP/DOWN to adjust the MOTION.

Stop pedaling in 5 sec and the workout will pause automatically. If you need to quit the program while exercising; and please press the "PROGRAM/EXIT" button.

TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
d1	RESISTANCE	1	1	3	3	4	4	5	5	6	6	7	7	9	9	1	1
	MOTION	19"	20"	20"	20"	21"	21"	21"	22"	22"	22"	23"	23"	23"	24"	19"	19"
d2	RESISTANCE	2	2	4	4	5	5	6	6	7	7	8	8	10	10	2	2
	MOTION	20"	21"	21"	21"	22"	22"	22"	23"	23"	23"	24"	24"	24"	25"	20"	20"
d3	RESISTANCE	3	3	5	5	6	6	7	7	8	8	9	9	11	11	3	3
	MOTION	21"	22"	22"	22"	23"	23"	23"	24"	24"	24"	25"	25"	25"	26"	21"	21"
d4	RESISTANCE	4	4	6	6	7	7	8	8	9	9	10	10	12	12	4	4
	MOTION	22"	23"	23"	23"	24"	24"	24"	25"	25"	25"	26"	26"	26"	27"	22"	22"
d5	RESISTANCE	5	5	7	7	8	8	9	9	10	10	11	11	13	13	5	5
	MOTION	23"	24"	24"	24"	25"	25"	25"	26"	26"	26"	27"	27"	27"	28"	23"	23"
d6	RESISTANCE	6	6	8	8	9	9	10	10	11	11	12	12	14	14	6	6
	MOTION	24"	25"	25"	25"	26"	26"	26"	27"	27"	27"	28"	28"	28"	29"	24"	24"
d7	RESISTANCE	7	7	9	9	10	10	11	11	12	12	13	13	15	15	7	7
	MOTION	25"	26"	26"	26"	27"	27"	27"	28"	28"	28"	29"	29"	29"	30"	25"	25"
d8	RESISTANCE	8	8	10	10	11	11	12	12	13	13	14	14	16	16	8	8
	MOTION	26"	27"	27"	27"	28"	28"	28"	29"	29"	29"	30"	30"	30"	30"	26"	26"

P8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the Resistance as the user changes their stride cadence (RPM). The Resistance will be reduced when user increases RPM and the Resistance will be increased when the user decreases the RPM.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P8 WATTS CONTROL program, you are prompted to enter target WATTS and workout time which can be adjusted by resistance UP/DOWN button. Press ENTER to save whole setting and press START to begin.

During the program, the MOTION level will not change unless you manually change it.

Time counts down to 0, Calories and Distance will count up. Press Resistance UP/DOWN to adjust the Resistance and press MOTION UP/DOWN to adjust the INCLINE.

COMPUTER OPERATION

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program: Contact Heart Rate Grips or Chest Belt Pulse Transmitter. The equipment provides a standard contact handgrip on the moving handle bar to sense the user's heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program since it provides the best most consistent feedback.

When you select this program you will be asked for age. Your age will alter a suggestion for the recommended Heart Rate. You can change it to a different value at your discretion.

Press PROGRAM/EXIT button, and computer will ask you to input your current weight and adjust by resistance UP/DOWN button for burned calories reference during this workout. Press ENTER button for save every setting. Then it will require selecting a user (Total in 7 user memories) and inputting the data. Using resistance UP/DOWN button for program selection. When you select to this P9 TARGET HEART RATE CONTROL program. It will ask for age. Your input age will reflect as a recommended Heart Rate. You can change it to a different value at your discretion. Press ENTER to save whole setting and press START to begin.

IMPORTANT: By default, console software will recommend the user's recommended SAFE MAXIMUM HEART RATE based on the formula: ((220pbm-AGE) X 85%). User's are encouraged to consult with a doctor or training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

Finally, TIME display shows factory default setting "16:00". Press Resistance UP/DOWN button to adjust the target time and press PROGRAM/ENTER to confirm. Press Start to Begin.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the MOTION level and Resistance level to keep the users at the TARGET HEART RATE throughout the program – excluding first 3 minutes and last minute (warm up and cool down)

PROGRAM C1-C3 Custom Program

There are 3 Custom Programs. Programs can be up to 1-60 minutes long and can have up to 60 MOTION and 60 Effort changes.

When you select a custom program, after you enter your weight you can either Press Start to Begin or Program to Edit the program.

EDIT MODE:

When you select edit, your cursor defaults to the first segment (noted by flashing box) in the LCD dot matrix. Every segment is 1 minute long.

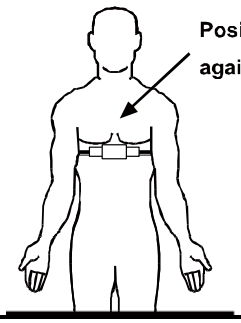
Your MOTION and RESISTNACE will show the set MOTION and effort values for the segment that your cursor is on. Use the effort/MOTION +/- keys to adjust that segments values to your liking.

To make more segments: Press PROGRAM/ENTER

To delete a segment: Hold PROGRAM/ENTER (NOTE: when you Delete a segment, you not only delete the segment that you are on but also any segments that follow)

To save your changes and start your program: Press START

USING THE CHEST BELT HEART RATE MONITOR:
For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



COMPUTER OPERATION

Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change them, please refer to following procedure. Power on, the press and hold the “PROGRAM/EXIT & START” button at the same time, and the screen will show current computer unit KM or ML. Using Resistance UP/DOWN button to adjust, and press ENTER for save the setting.